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THE AMERICAN GIRL

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THE AMERICAN GIRL

BY

WINIFRED BUCK

Author of "Boys' Self-Governing Clubs"

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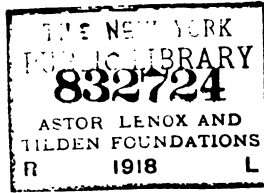
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INTRODUCTION

Give the American girl half a chance and she will make good. Girls from the poorest families but with brains and good looks have made distinguished careers for themselves, or have become the successful wives of men who started way above them in social standing. There is no girl in the world so little circumscribed by class as the American girl. In her simple, self-respecting, courteous manners, in her refined looks, in her intelligence and in her high ideals the average American girl only needs this half chance to equal the best.

But it is not only girls of simple origin who quickly and skilfully adapt themselves to changed conditions in their lives. I have known rich girls, babied all their lives by adoring parents and who, when grown-up seemed to have but two ideas in their heads—clothes and lovers—who, when reverses in the family came, changed overnight into efficient and successful business women, and found that enlarged ideas and more

varied experiences really made life happier for them.

In the lives of the great mass of girls no dramatic changes of circumstances or fortune ever come; but they are doing all sorts of useful things beyond their obvious duty of being decent to their parents and, later, good wives and mothers. All over the country, in the big cities, small towns and even villages the American girl (perhaps she is young and perhaps she is middle-aged) is working gratuitously for the health, beauty and general welfare of her community. She is a leader in work for children, in modern charity and in movements for civic improvement.

When the American girl fails it is because she has not had this half chance. It is a comparatively new thing for her to have any education at all, and when she gets it, it is often of a kind that does not help her to solve the problems that come to her in later life. In the natural reaction against the standard of the days when she was supposed to do nothing but housework and to bring babies into the world, she has swung to the other extreme and rather scorns to know anything about the practical care of the home and the family. In this she makes a great mistake and so do the educational authorities. The great

majority of women still have to, and want to, take care of, or at least organize and superintend, a home. If they do it efficiently, so much the better for their families and for society. And if they know how to do it in the best scientific, modern manner so much better for the women themselves, for they will then have more leisure for the outside life they naturally crave and more money to spend for other than mere necessities.

That American women so often bring up their children well, spend their money wisely, and make their homes comfortable and pretty speaks well for their intelligence and energy, but does not exonerate our educational system for its shortsightedness in not giving them all a more practical training as well as the almost purely cultural education given now in most private and too many public schools.

It is not only in our failure to give our girls a good technical training in housekeeping and homemaking that we have done them an injustice; only in the last few years have we recognized the fact that they had bodies they were entitled to know something about. Not many people think it more refined to speak of legs as limbs, but a few do and they have been influen-

tial. A curtain has been drawn to screen things a girl should know for her own safety. Happily, people are awakening to the danger of this prudishness. The period of feverish enlightenment and general frankness which has now set in goes to almost too great an extreme, but on the whole it is better than the old times when ignorance was mistaken for purity.

This little book is addressed to the modern girl in the hope that it may give her some information she is sure to want and ought to have. It also contains advice on many subjects girls are interested in. If anything that is written here helps any girl to live up to the high ideals I have for her, I shall be truly thankful.

The chapters which discuss health and physiology have been most kindly read and approved by Dr. Mathilda K. Wallin, a well-known physician in New York. The exercises described in Chapter V were recommended by her. I am grateful to her too for many helpful suggestions.

WINIFRED BUCK.

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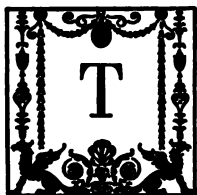
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PART I
HER HEALTHFUL BODY

THE AMERICAN GIRL

CHAPTER I

SOME PHYSIOLOGY, ANATOMY AND PSYCHOLOGY



THE interest in the functions of the body, particularly those of reproduction, begins very early in life. Almost as soon as a child can talk it asks where the little babies come from. Up to its fifth or sixth year it is satisfied with the answer it usually receives. But then the day surely comes when it goes to its mother or the woman it knows best and says; "Is it true that the doctor or the stork brings the babies or that they grow in cabbages?" That is the moment for telling it the truth—the beautiful truth—that the baby grows inside its mother, next to her heart, where for nine months she thinks of it lovingly and plans her life so that it will be most advantageous for her expected child. At

this point the little questioner will nearly always ask why some unmarried woman of its acquaintance does not have a baby. Even at that early age a vague curiosity stirs within its mind to know what relation the father bears to the mother and the child. This curiosity will become more insistent as the years go on.

And now, girls, I want to say that I do not believe any normal or healthy girl can fail to have an immense and unresting curiosity about matters of sex, and I believe that when you are fourteen or fifteen years old (perhaps in some cases when you are even younger) your curiosity should be satisfied. I am sure that you are both normal and healthy, so a failure on your part to evince curiosity about a subject so intimately connected with you would seem to me to indicate that you had a false and prudish modesty in talking and thinking of the body. If you are prudish please remember that the same God who made our souls and minds designed and created the functions of our bodies. To think that *we* can invent some story about our bodily functions that would be more refined and pure than what He has designed seems to me the height of blasphemy.

The most important function of any being is

to reproduce its kind. I do not say that it is the *only* function of importance, nor that it is a woman's most important function and not a man's. Let me tell you something about the organs of reproduction, or genital organs as they are called.

The genital organs of the woman are all internal. The uterus or womb, the organ in which the body of the baby is formed, lies low in the abdomen back of the intestines. It is of about the size and shape of a large pear. Its walls are extremely thick, a condition which enables it to stand, without tearing, the tremendous expansion which takes place when a child is being formed within it. The two ovaries lie slightly above and one on each side of the uterus, and are connected with it by small pipes called fallopian tubes.


There are three openings into the uterus, two at the points where the fallopian tubes connect with it and one which might be called the exit from the uterus—the cervix. The cervix opens at the lower part of the uterus into a passageway called the vagina. You must know where the vagina is because the menses pass through it. The urethra, or little pipe from the bladder, also opens near the mouth of the vagina.

The cervix is a curious and wonderful mechanism—as, indeed, is all the apparatus designed by nature for the creation and nurture of the human young. This opening is controlled by muscles and nerves which enable it to close as tightly as if there were no opening in it at all, and yet it can dilate to such an extent that the large body of a baby can pass through it without tearing it.

In the ovaries are formed the eggs or ova. These are invisible but under the microscope are, in appearance, something like this ○. These ova pass periodically from the ovaries into the uterus where, if they are not fertilized, they pass through the vagina and away.

I have spoken of the menses. Different authorities have different theories in regard to the exact meaning and use of this function. Suffice it to say that it is a periodic (monthly) discharge of blood and mucus from the fallopian tubes and the uterus which finally comes out through the vagina. This discharge comes first to a girl at adolescence—that is to say, when she changes from a child to a woman. At that time her figure, which heretofore has somewhat resembled a boy's, undergoes great changes. Her breasts develop, her hips enlarge, hair ap-

pears on several parts of her body.¹ The time of the first appearance of the menstrual flow is influenced by race, climate, social conditions, heredity and individual peculiarities. In general girls in warm climates menstruate earlier than those in cold climates. For instance, the girls of Lapland menstruate at eighteen while in those of Egypt the function is established at the age of ten. Cases are on record where the flow did not appear till the age of twenty-five. The menopause (the final cessation of the menstrual flow) comes at about the fiftieth year, although this age also varies. After the birth of a child the flow ceases and does not return for several months.

The genital organs of the man, differing from those of the woman, are all external. They consist of a sac which contains the semen or seminal fluid and a tube so constructed that it can inject with some force the seminal fluid into the vagina of the woman. This fluid is transparent and contains hundreds of spermatozoa to the drop. The spermatozoa are microscopic organisms something like this in the appearance . When

¹ The facts about menstruation given here are taken from an article by Jeannette W. Hall on Menstruation in Vol. V

they enter the vagina they cluster around the ovum (if there is one there at the time) in great numbers. Finally one of them penetrates the nucleus—the dark spot—of the egg with its head and on that instant is performed one of nature's greatest miracles—the starting of the making of a human being. At first invisible to the naked eye cell after cell is rapidly added to the little embryo, until after the end of the second week a distinguishable form can just barely be seen.

Although the seminal fluid injected by the father into the mother contains, as we have seen, thousands of spermatozoa, only one of these little germs penetrates the nucleus of the egg. And this is the father's sole contribution to the making of his child—one little germ that cannot be seen without a microscope! It is wonderful enough that the child should resemble its mother though every cell in its body when it is born has been literally manufactured out of her flesh and blood and is, for nine months, more or less affected by her thoughts and nervous impulses. But is it not even more extraordinary that a child can inherit its father's appear-

of Buck's "Reference Handbook of the Medical Sciences," 1902.

ance, character and mentality through this one infinitesimal being so rapidly changed into a form so different from its own?

At the age of adolescence great changes in the mind and character of the girl take place as well as in her body. A real moral nature appears, perhaps for the first time and she longs to be helpful and kind—she even craves to sacrifice herself for some person or cause. But the most striking change is in her newly awakened interest in the members of the opposite sex. For this reason she now takes an almost passionate interest in her clothes and general appearance. As a child she has probably resented the suggestion that some day she would have to abandon the comfortable bloomers which enable her to climb trees and run so easily and wear the inconvenient long skirt. Now, as a woman, she thinks nothing is too uncomfortable to wear if it will make her appear more “grown up” and attractive.

As time goes on her interest in the opposite sex becomes more definite. She may even have a distinct longing for the physical relation that should only exist after marriage. All affection desires to express itself by some form of physical contact. You grasp your friend by the

hand, you heartily kiss your parents, the mother hugs and kisses her baby. Do not be ashamed if you long for the most intimate physical relation of all. God has implanted this longing, this passion in our natures in order to perpetuate the race. If children could have been conceived cold-bloodedly, by swallowing a pill, let us say, it is doubtful whether the race would have survived.

Under the influence of sexual desire people may surpass themselves in all spiritual and mental activities. Even the most elementary people experience a wonderful quickening of the imagination. The beloved object becomes beautiful and charming, the commonest work becomes interesting and life becomes a fascinating dream. But beware! All sorts of things seem to be what they really are not. At such a time it requires a pretty level head to realize what is glamour and what is reality. Under the influence of this quickened imagination a girl is often charmed by a man who is weak in character, inefficient, dissipated or utterly uncongenial in his tastes. If she is conscious of his defects she feels that it would be glorious to sacrifice herself to give him strength and hap-

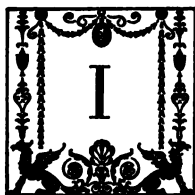
piness, not realizing that it would be her poor little children who would really make the sacrifice and would suffer for her lack of character and good sense.

Now, even if passion is a God-given feeling which has been necessary for the preservation of the race, and because it sometimes inspires in you some of the noblest thoughts and feelings you have ever had, is no reason why you should think about it often, or encourage it or try to gratify it until the proper time comes. God has also given us an appetite for food. If we did not eat we could not live. If we eat with enjoyment so much the better for our happiness and our digestions. But what would you think of a man or woman who spent hours thinking of food and the delights of delicious flavours? Such people would be lower than the animals. So it is with passion. Our reason tells us that it is dangerous to dwell on such thoughts, that it is racking to the nerves, and that it makes temptation more difficult to resist if it comes to us. In the next chapter I will tell you about some of the dangers and difficulties that result from not controlling this great force within us. Until the right time comes—when you know

and marry your true mate—forget it. Vigorous exercise and interesting work are the only two means which you can adopt to attain this purpose.

CHAPTER II

DANGERS AND DIFFICULTIES



BELIEVE that the normal, unperturbed instinct of all human beings is to desire the life-long love and companionship of some person of the opposite sex. With this craving comes, usually, the longing for a home, for offspring, for the more substantial social position of the married and even for the problems of the married state. Unfortunately, in modern society many circumstances prevent the satisfying of these normal instincts. Chief of these is poverty, or the financial inability in youth to provide a family with the comforts or even necessities appropriate to its standing in society. So, too often the higher spiritual aspirations of the sex instincts are suppressed, while the purely physical attributes, which cannot be suppressed, are driven into channels which lead to the utmost wretchedness. It would not be necessary to tell you of these

things if it were not for the fact that their existence constitutes a danger which may confront you at any time—a danger so horrible that it seems to me criminal not to warn every young girl of them, painful as it must be to her to know that such shocking and disgusting things exist in the world.

When a man is denied the opportunity of seeking marriage he too often forms a temporary alliance with a girl or a woman which will involve him, as he most mistakenly thinks, in no consequences or responsibilities. This connection may last an hour or a lifetime. In order to supply girls to meet the demand for these temporary connections, the very lowest class of people in the world have organized what is now generally known as the white slave traffic. This evil business is as old as history, but never before has it attained such proportions or such power as in the present decade. All the modern inventions in the way of transportation and communication have been utilized by the white slave-ers and the “cadets” and “procurers” in their employ, and every appeal to the baser instincts of men are made by them in order artificially to stimulate the demand for the wares offered by the dealers in girls. The liquor trade has

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been convicted over and over again of co-operating most efficiently with the white slavers.

The methods of operation of these base people are very skilfully and cleverly adapted to the needs and intelligence of the class of girl they intend to ensnare at the moment. An intelligent and virtuous but unsophisticated girl from the country going to the city to seek employment may be approached on the train or at the station by an apparently kind-hearted man or woman who offers her a "job"—the job being one in a disorderly house from which she is most unlikely to have an opportunity to escape. Another girl may be courted by an attractive summer boarder, persuaded to elope, only to find herself sold at last into a fearful bondage. More ignorant girls may be approached on the street and lured into dangerous intimacy by invitations to the moving pictures, ice cream treats, auto rides and perhaps, finally, a drugged drink. Fake advertisements offering work are sometimes inserted in the papers for the express purpose of luring girls into disreputable houses.

Even worldly-wise, rich and well protected girls are not exempt from danger as the following story, the truth of which is vouched for by a most trustworthy friend, will prove. A young

girl, the daughter of a prominent man, was buying something in a big department store in one of our large American cities, when a handsomely dressed woman who was sitting next to her at the counter where she was making a purchase, suddenly exclaimed that she felt ill and begged the young girl to help her to her automobile. The girl gladly went to the older woman's assistance. A well appointed automobile drew up to the curb on the appearance of the couple on the street. Then the woman implored her companion to go home with her for, she said, it made her nervous to be alone, indisposed as she was. The young girl was just about to comply with her request when a policeman approached. Whereupon the woman jumped into the automobile which rapidly disappeared. The policeman then informed the mystified girl that her late companion was the notorious keeper of a house of ill fame!

Be warned then, not to go to a city seeking employment unless you or your family know all about the address to which you are going. If possible get some older person to accompany you on your quest. Nearly all the larger cities have Young Woman's Christian Associations or

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similar organizations within their borders. Upon your arrival in a strange city go at once to one of these buildings if you have no friends who will shelter you. If possible take with you a letter of introduction from your minister or doctor. There you will find the best of friends and the safest advisers.¹

Do not make acquaintances on the trains and trolley cars. If you are introduced to a man in the city, and he seems to desire your friendship, withhold this favour until you can introduce him to your family or little circle of friends. Any man who is unwilling to meet a girl's protectors should be regarded with suspicion.

Never trust an offer of light work with big pay. No such employment of an honest nature exists for any one anywhere, but particularly not for women.

Be on your guard against summer boarders in country towns who seem to have plenty of money, talk big and have no discoverable means of support.

Discourage all love-making and talk of affec-

¹ This and the following five paragraphs are paraphrased from advice given me by James B. Reynolds of New York, until lately an assistant district attorney in that city.

tion unless you know all about the person who is trying to court you.

If trouble comes to you in spite of care never hesitate to return to your parents if you get the chance to do so. They will be thankful enough to see you no matter what your experiences may have been. The white slaver always advises his victims against a return to their parents. It is quite to his interest to do so.

An even more insidious danger exists for girls than the brutal and crude efforts of the white slavers. It is more dangerous and more insidious because it appeals to a girl's highest nature and affections. I refer to the dastardly work of some men, often married, of good position and apparent respectability, who try to persuade the girls in their employ to become their mistresses. A recent survey of moral conditions in Baltimore revealed there a most shocking state of affairs, and there is no reason to suppose that Baltimore differs in this respect from other cities. Case after case was found where the employer had won the affection of the girl working for him and then had established immoral relations with her. Could anything be more unsportsmanlike on the part of the man? If people want to look at love in a purely matter

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of fact way—as a game or a sport—let them do so, but then they should be good sports. A man who goes out shooting and kills a sparrow sitting on a branch is not considered either a good marksman or a good sportsman. So, a man of wealth, worldly experience and education who makes love to an inexperienced girl, young, poor, lonely and homesick and wins her affection to the point of breaking down her principles, has no reason to plume himself on either his charm or his skill. He is a poor sport, a cheat and a coward.

Do not let any one persuade you of the beauty of “free love”—of having an “affinity.” There is no beauty in a relation where a man takes his pleasure at your expense without himself incurring any responsibility. The fact is that the world still looks down on the woman who lives with a man to whom she is not married, no matter how lofty and unselfish her love for this man may be. If she bears him children she will have the horrible experience sooner or later of hearing these children’s reproaches for having brought them into the world under circumstances which inevitably shame them. Then remember, too, that your lover is under no legal obligation to stay with you nor to support you. If he leaves

you, you have no redress. Justly or unjustly, the fact remains that life is harder for the deserted woman than the deserted man.

Of course we have all heard how rich Mr. Soandso has just married his faithful but penniless stenographer. That sort of thing does *really* happen about once out of the ten thousand times when it *might* happen. I think, however, that when it does happen you will find that the stenographer in question was a girl of quite exceptional strength of character, intelligence, nerve or perhaps beauty. It goes without saying that she had self-respect and that the employer was an exceptional man.

I do not want to advise you to be rude even to a stranger who may ask you a civil and sensible question. You can well afford to be polite to every one while maintaining a dignified reserve. Nor do I want you to snub your employer and look as if you thought he had dishonourable intentions if he shows a friendly interest in your welfare. There are more decent men than bad ones. But you can be on your guard with every one, particularly if there is any question of lovemaking. Keep tight hold of your heart (if that organ in your case happens to be of the affectionate variety) no matter

how lonely you may be and how much you may long for affection.

This is a sombre chapter, and alas, it is not yet all written. When, through ignorance often, a man forms a temporary sexual connection with a girl of low character he thinks, most mistakenly, that this conduct will involve him in no consequences. The consequences to him in most cases are the contraction of one or more of the venereal diseases as they are called. The immediate manifestations of this disease may seem to amount to very little. Indeed, of late years a cure has been found for it which has been very successful *but which is not infallible!* Moreover, to be effective at all it must be administered immediately after the contraction of the disease and by a skilful and experienced specialist. Furthermore, after treatment the disease may seem to have departed from the man only to appear with renewed virulence in the innocent wife or, worse still, in their helpless child. Sometimes the disease will remain apparently under control in the original victim of the infection and then will light up in middle life and produce locomotor ataxia, softening of the brain or other even more horrible symptoms. The children of the infected man, if there are

any, may die early, be feeble minded, delicate, disfigured or blind. Many forms of sterility (inability to have children) in either husband or wife are due to venereal disease originally contracted by the husband.

The terrible consequences of sexual immorality have not always been so well-known generally as they are today; for, although doctors have always known them they, for some reason or other, have not enlightened the public in regard to them. I remember that in my girlhood good fathers and mothers would tell their daughters that a young man who had "sown his wild oats" as immorality was picturesquely called, made the best husband for the reason that he was supposed to be more ready to settle down contentedly to the unexciting joys of married life after having had a "good time." Parents who told their daughters such things nowadays would mark themselves down as being very green.

In view of what is now so commonly known, it may be considered the parents' duty to seek proof of the health of the man their daughter is to marry.¹ If they are indifferent about it or

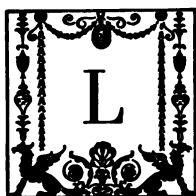
¹ In some states the law now requires both men and women to furnish proof of their freedom from these diseases before they can obtain a license to marry.

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the girl is alone in the world she should seek the assistance of her doctor or clergyman. If she is a very brave girl she can herself speak to the young man about her wish that he submit himself to an examination at the hands of a doctor selected by her. If he refuses, it is almost presumptive evidence that he is not in a condition to marry.

CHAPTER III

CARE OF THE GENERAL HEALTH



LET us discuss some of the means by which a girl can guard the health which is so necessary for her own happiness and usefulness and that of her possible children.

One can suffer a great deal of general ill health that is far short of actual disease. An unoccupied mind, errors in diet, lack of exercise and fresh air account for much misery. But I think the most important factor in a woman's health and happiness is in the normal functioning of her menstrual period. This flow should come about every four weeks, should last from four to six days and should be of a deep red colour. If it is very pale in colour or lasts more than six days or less than four, should be very irregular or should come habitually much too frequently or not frequently enough anaemia (insufficient blood) may be the cause and a

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doctor had better be consulted. If a doctor is not available, life in the open air, plenty of very nourishing food, a good deal of very gentle exercise and moderate doses of some simple preparation of iron will do much to relieve this condition.

It is most inadvisable to take an extremely hot or an extremely cold bath during the menstrual period or even a day or two before its expected arrival, as this procedure is likely to stop the flow, causing congestion, severe pain and even serious injury. It is also dangerous to take any very violent exercise, such as tennis playing, horse back riding or mountain climbing just before or during the first two days of the flow, as the uterus is peculiarly liable to displacement at that time. For this reason no girl should lift heavy objects at any time, but particularly not when she is unwell.

Displacement of the uterus is one of the most uncomfortable and inconvenient injuries a woman can meet with. With it she becomes pale, haggard and languid, irritable and depressed. Sometimes she suffers a great deal of pain too. The damage can often be rectified by a skilful physician after a long, expensive and very disagreeable course of treatment, but

usually an operation affords the only cure. Now, while this operation is not a dangerous one if performed by a first rate surgeon it is a big and expensive one that necessitates staying in bed or keeping quiet for several weeks.

Sometimes an otherwise perfectly healthy girl will have quite excruciating pain for an hour or even several days when she is unwell. In nine cases out of ten this pain is caused by contraction of the cervix which prevents the easy outflow of the menses. The unfortunate beings who suffer in this way must stay in bed if they can possibly do so. Hot water bags applied to the abdomen and hot drinks of tea, coffee, cocoa, soup, etc., will sometimes mitigate the suffering. It is extremely important that the bowels should move freely at this time. There are medicines which are quite harmless and very effective to relieve menstrual pain, but they should never be taken except with a doctor's advice as some of them contain alcohol or opium. Many a woman of strong temperance principles has become an alcohol or drug fiend through her innocent and ignorant use of some advertised pain killing medicine.

If a girl finds that suffering of this kind interferes with the work she must do it is some-

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times wise to have the cervix stretched. This operation can be performed with perfect safety by a skilled physician. After the birth of a child a woman seldom suffers pain from this cause during her menstrual period, for the passage of the child through the cervix stretches it so that it can never contract quite so tightly and painfully as before.

A girl's boy friends are often, quite unconsciously of course, the cause of many an injury to a girl's health. A girl must really be very strong-minded to resist the importunities of these injudicious friends with their tempting invitations to take violent exercise at a time when she should be quiet. The avowal of a headache from the girl brings forth the answer that a walk or skate in the fresh air or a nice swim is a sure cure for headache. The story of a sprained ankle is frankly disbelieved and is considered an excuse for laziness. Mothers should really explain to their sons that once a month girls have to keep quiet. This knowledge only brings out the chivalry and sympathy that is deeply implanted in the nature of all nice boys.

Although menstruation is a perfectly normal function few girls feel perfectly well at that time even if they do not suffer severe pain. It is

always a drain upon the nervous system, and unless you treat this function with respect it will take its revenge upon you. For this reason I believe it to be most important for a girl to stay in bed one day a month, particularly if she be of a nervous temperament. The complete relaxation from all effort for that time has a most excellent effect upon her general health during the following month. Some of the women I know who are today the healthiest, youngest looking and best balanced temperamentally were once delicate girls; but their wise mothers insisted on this monthly day of rest and now, in middle life, they have their reward.

The working girl does not always find it possible to set aside one day for rest just when she most needs it; but if she fully realizes its importance she can often manage to make things a little easier for herself when she is unwell. She can at least go to bed early for two or three nights, and if Sunday comes at about that time the problem is easily solved.

I do not recommend your pampering yourself when you are unwell, nor do I think that just because you feel "all on edge" you are justified in talking and acting disagreeably. Your family will make every allowance and excuse for

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you, but it is only fair to them and to yourself to try to control your nerves and irritability. If you do not begin to do so at these periods and when you are young your nerves will control you when you are older. No one finds life harder or makes life more trying for other people than the nervous woman.

And just because you do not feel very energetic at this time is no reason why you should lie on the sofa and read novels for a week. I used to know girls who would give up their classes at the Settlement because they "really felt so wretchedly" and would let their mothers keep their rooms in order for them for days, and yet these same girls were quite strong and brisk enough to take long walks with their best young men or to dance all night at a party.

Many women and girls suffer from frequent colds and sore throats during the winter. Sometimes these are caused by adenoids or enlarged tonsils. Adenoids are soft fleshy growths that form at the back of the nasal canal, and, naturally, interfere with breathing through that organ. Consequently the whole system suffers from lack of oxygen. Adenoids if left unchecked sometimes grow until they impair or

destroy the hearing. The tonsils are situated at the back of the throat at each side of the root of the tongue. They are often inflamed and enlarged and become the centre for the breeding of bacilli which, from the throat, may infect the whole body with disease. Almost the only cure for adenoids and enlarged tonsils is an operation which, however, should only be performed by an expert.

The very becoming fashion of wearing fur or feathers fastened tightly around the neck is responsible for more colds and sore throats than adenoids and enlarged tonsils. Fur or feathers are air tight. When fastened around the neck they act like a poultice, excluding all ventilation and causing the pores of the neck to open. When the fur is removed a draft of air striking the neck in its relaxed condition will cause a slight or severe inflammation. I once asked a prominent throat specialist if this were not so. "It is a very nice fashion for me," he said, answering my question indirectly. "I think I owe half my income to it."

If, the instant the fur is removed the neck is bathed with cold water or alcohol, either of which will at once close the pores, the danger of

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chilling will be averted. But one cannot always do this. Fancy going to a lunch party or a restaurant and asking for alcohol with which to bathe the neck!

About thirty years ago women in this country began to smoke. The habit even then was so uncommon that a woman who smoked was always the subject of much comment. The pioneers were undoubtedly influenced to smoke by real enjoyment of the soothing effect of the practice, but they were copied by a horde of females who only smoked because they thought it sporty or *chic* to do so. The habit has become very prevalent during the last twenty years. To be a woman who smokes is no longer to be an object of interest or curiosity. Nor can it be considered fast or sporty any longer. Countless dowdy old maids and respectable mothers of large families indulge in the "filthy weed," as the good people used to call tobacco.

Now why *should* a girl smoke? Perhaps you will say, Why should she not smoke? I confess that it is hard to make out a very strong case against the practice in moderation for mature women. Not very extensive experiments in re-

lation to the effects of tobacco have been tried and the results of these experiments have not been altogether conclusive. For the immature, however, there are no two opinions. Experiments tried some years ago with Yale students proved conclusively that the men who did not use tobacco gained much more rapidly in weight, height, chest girth and lung capacity than the moderate smokers, while the latter developed more strongly and healthily than the excessive smokers.

While many doctors believe that for mature people smoking in moderation causes a negligible amount of injury, other doctors of equally good standing claim that it is very injurious for every one—that it disarranges the circulation, thereby overworking the heart, that it irritates the throat, produces anaemia and dims the eyesight. All doctors agree that smoking in excess is injurious for people of all ages, and there is not a doctor in the world, I believe, who would claim that smoking, even in extreme moderation was *beneficial* to any one. Therefore why do it? It is a pleasure, perhaps, but an acquired one not a natural, instinctive one like the love of dancing, or singing or wearing pretty clothes.

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Fortunately, the habit of imbibing alcoholic drinks is one not frequently indulged in by well-brought up young girls in this country. Probably abstinence is due as much to the fact that it has never been considered "good form" for girls to drink as to any hygienic or moral principle in the matter. Then, too, there is always the danger that a girl may get a really bad reputation for intemperance if she shows any excess of natural girlish gaiety of spirits after having been seen by some spiteful person to drink even a thimbleful of wine.

Moderation in the use of alcohol has always been advocated by the best kind of people; intoxication has been universally condemned as disgusting and unhealthy; but belief in the total prohibition of its use and manufacture was, until quite recently, supposed to be the hobby of cranks. But times have changed. Statesmen, business men, men and women of the world and learned professors everywhere are joining in the cry that alcohol as a drink must be abolished. Even the doctors are now almost unanimous in the belief that it has no medicinal value. State after state, county after county, town after town has "gone dry." The whole vast empire of Russia went dry in a single day after the

commencement of the present great war. Individuals of wealth and prominence by no means queer and cranky in increasing numbers are banishing wines and spirits from their tables. What has caused this change of opinion? Simply knowledge. It used to be supposed that the evil effects of alcohol resulted from its excessive use only; now it is known that the deleterious effects commence at once, even with its most moderate use.

I frequently hear people argue that they are so tired at night that they would be dull dinner guests if they were not braced up and their tongues loosened by a little champagne. Doubtless they feel themselves to be very bright and entertaining after this refreshment, but does any one else find them so? Dr. Henry M. Rusby a distinguished pharmacologist of New York says, in regard to the so-called stimulating properties of drink, "Only at the very beginning are the mental processes quickened; but after they have become slowed and the mental processes blunted *the individual still believes them to be greatly improved.*" (The italics are mine.) In regard to the popular belief that alcohol warms the body he says: "The temperature of the skin is temporarily raised. . . .

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There is thus a false impression of warmth created, the actual temperature in reality falling quickly and the individual being especially exposed to the evils of cold." About its effect on the digestion he has this to say: "The continued recourse to this artificial aid to digestion tends to necessitate it and in increasing degree. Larger and larger amounts are required and the natural powers of the digestion become permanently and seriously injured and at length are almost completely lost."

You girls as the wives, mothers and hostesses of the future can do much to educate people to a knowledge of the unwisdom of using alcoholic beverages. By using reasonable, dispassionate argument and by setting an example at your own tables you can have much influence. A few of you will have more than influence to exert for some of you will live in states where women can vote. Be sure then, that you use this influence and power wisely.

Quite recently, many girls have adopted the use of a preparation which, if applied externally, stops the flow of perspiration in certain inconvenient places. This liquid has been condemned by Dr. Harvey W. Wiley and the Indiana Board

of Health. Of course it is convenient not to have to bother with dress shields. But just stop and think what it means to cork up waste material inside of you. The body eliminates its waste material through three outlets—the intestines, the kidneys and the perspiration glands. Some of the largest and most important of these glands are situated under the arms. In fact, in cold weather, the glands in the arm pits are the only ones which eliminate any perspiration at all. Now one group of these glands is not connected with another. That is to say, if perspiration is corked up under the arms it will not run to some gland in a less conspicuous place and get out there. But as it is waste material—dirt—it has to be carried out of the body somewhere. Apparently, the kidneys have to attend to this distasteful job. One doctor whom I have consulted about this matter reports several cases in his practice where a very distressing kidney disorder resulted from the frequent use of this preparation. Another doctor warns us that ulcers sometimes result from its excessive use.

This preparation has not been on the market very long so it is as yet impossible to say what injury to the general health and vitality may result from a prolonged use of it. But enough

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in its disfavour has been discovered during its brief term of popularity to justify great caution in using it.

Some years ago advertisements of medicines guaranteed to cure excessive fatness used to appear frequently in newspapers and magazines. The reputable magazines and the big newspapers now refuse to publish these advertisements. The reason they are willing to make this sacrifice (and it is a big one financially) is that these anti-fat medicines were found to be exceedingly dangerous, death often ensuing as a result of their prolonged use. The basis of them was thyroid extract, a drug which can only be safely administered by doctors who have had much experience in handling it and who will use the greatest care. The legitimate use of this drug, moreover, is not to reduce fat but for the cure of a rather rare disease. Lately other fat reducing medicines have appeared which can be applied externally. These are dangerous because they disintegrate the layer of fat which lies under the skin and this wasted fat must be carried out of the body by the kidneys. These little organs have quite as much as they can well attend to carrying off the waste products of diges-

tion and will go on strike when this extra labour is given them. If the kidneys go on strike it means serious illness.

There is really no cure for excessive *healthy* fat but exercise, special diet and inducing free perspiration. Very excessive fat is sometimes a symptom of a disease which only the wisest medical treatment will cure or alleviate. Under no circumstances whatever take medicine internally or externally which promises to remove your too solid flesh.

It is perhaps hardly necessary to speak to girls like you of the importance of taking good care of your teeth, not only for the sake of your appearance and to save yourself from the excruciating pain of a toothache, but because bad teeth may poison your whole system so that your general health may be seriously injured. Teeth should be brushed twice a day, right after breakfast and before going to bed at night. If you cannot afford a good tooth paste use some pure soap with a little bi-carbonate of soda sprinkled on the brush twice a week. If it is possible for you to reach a dentist go to see him twice a year. It is far less expensive in every sense of the word to pay him two visits a year and have little

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or nothing to do than to postpone your visit to him till you have a big toothache and a dozen little cavities. If you wait until you are in such a condition you will probably have to spend hours in his office, will suffer a great deal of pain, will perhaps be disfigured for life by having fillings in your front teeth, and at the end will have to pay a bill that will eat up a large part of yours or your father's savings.

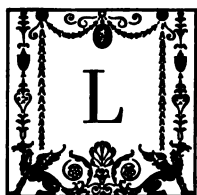
The bowels should move once a day, if possible at the same time every day. In Chapter V I have described some exercises that may help to move the bowels if you are inclined to be constipated.

Always sleep with your window open. Even during the coldest days of winter have the window open at least a crack. If you are cold wear extra clothing and pile on the covers. If you will look around you observantly you will find, I think, that the families who suffer from tuberculosis and anaemia do not believe in fresh air.

It is so much wiser and easier to *keep* well than to neglect yourself until you have to be *made* well.

CHAPTER IV

FOOD AND EATING



LET us suppose that you have been endowed by your parents with vitality and clean blood, that you have refrained from injuring your body by careless living and that you have even improved your general physique by systematic exercise. You will then have a splendid machine at your command. But the body machine like the engine or the automobile cannot be made or repaired without material and will not go without fuel. Food, of course, is body making and repairing material and body fuel.

I have not space at my command for a treatise on diet; nor would you have the patience to read it if I had. If you want to become an expert dietitian (and this is one of the excellent new professions open to women) you must obtain the requisite knowledge by hard study at some school or college. But I do want you to know some-

thing about food values. Some day I hope you will direct a home, for yourself at least but better still for a husband and children also. Then you will have to select menus for the table three times a day, and it will be important that you should know something about food values, so that you will not give the family too much of one kind of food and too little of another. Without a little study you will not know that different kinds of food do different things for the body, and that if the body gets too much of one kind or too little of another illness or serious injury are likely to result.

The elements of nutrition required by the human body are, proteins, carbohydrates, fats, salts, vitamins and water. The body needs all of these constituents in certain proportions.

The body making and repairing foods are called proteins. This class of food includes all meat, fish, eggs and milk. Good vegetable proteins are found in nuts, beans, grains and cereals, but the animal proteins are the best. So much bulk must be disposed of by the digestion in seeking to extract sufficient protein from vegetable food that few stomachs can stand it.

The fuel foods—the foods that give energy to the body just as gasoline gives energy to

the automobile—are called carbohydrates. The foods in which the carbohydrates predominate are the cereals, the vegetables, the fruits and sugar.

The fats are found in butter, lard, oils, the fatty parts of meat, fish, nuts, etc. This element of food is especially important for producing heat in the body. Otherwise it acts like the carbohydrates, as fuel; although, inasmuch as it helps to make the layer of fat next the skin it has some of the body building properties of proteins. Human beings living far south of the arctic regions cannot assimilate large quantities of fat, nor do they need much of it. But a little every day is necessary for the healthy development of the body.

The salts of food—they are innumerable and are found in all foods—are extremely important for the maintenance and development of the body. They are of endless variety and each one does something for the body that the others do not do. For this reason a varied bill of fare is extremely important for good health.

The vitamins are substances which exist in small quantities in some foods and not at all in others. They are absolutely essential for health. Minute quantities of these substances

exist in meat, in butter and in unpolished rice. They are absent or deficient in polished rice, lard and bread. The races who exist almost exclusively on polished rice after a time develop the disease of beriberi. People who live on a monotonous diet of bread suffer from scurvy. A varied diet soon restores these afflicted individuals to health.

Finally, water is needed to aid in the nourishment of the body. A grown person should drink not less than a quart a day. As doctors are not agreed as to whether it is best to drink water with or between meals, perhaps it is best that each person should try both ways and see which one agrees with him or her best.

In choosing food for your table it must be remembered that a certain amount of what may be called "roughage" is important for the digestion, especially in promoting a healthy activity of the bowels. There is not much nourishment in cabbage, spinach, cauliflower, asparagus, string beans or egg plant, but they aid in the purpose mentioned above. They afford a pleasant variety in flavour also, which is important because whatever affords pleasure in eating stimulates the flow of gastric juice, and that, as every one knows, is absolutely essential for the diges-

tion of food. A prettily decorated table, and dainty service serves the same purpose.

It is very plain to be seen that a diet composed of certain proportions of proteins, fats and carbohydrates is necessary to maintain the best health. And not only that, but in order to secure a variety of salts, as I have said on another page, a well chosen bill of fare should contain from day to day a variety of proteins, carbohydrates and fats. For example, beef is a digestible, palatable and nourishing form of protein, but that is no reason why you should have it on your table every day. It is far better to have chicken, mutton, the various kinds of fish, eggs, etc., to take its place once in a while. String beans are among the most wholesome and delicious of vegetables, but there are others of equal excellence which contribute some little element to the body that string beans do not contribute. A good housekeeper will see that her table presents as great a variety of foods as her pocket-book allows.

A well balanced bill of fare is necessary too. In any meal one element of nutrition should not predominate to the exclusion of the others. If you have really understood and been interested in the foregoing paragraphs about food you will

know why the following three menus are badly balanced. They represent actual meals I have had to eat.

	Pea soup	
Chicken		Rice
	Lima Beans	
Potato salad		Bread pudding
	
	Oysters	
	Cream of chicken soup	
Egg timbales		
Roast ducks		
Potatoes	String beans	
	Ice cream with maple and nut sauce	
	
	Beef soup	
	Roast lamb	
Beans		Potatoes
	Chicken croquettes	
	Salad	
		Mince Pie
	

The first of these meals was composed almost wholly of starchy carbohydrates whose consistencies are so similar as to be very unappetizing. The chicken and the salad dressing afforded the only relief of variety. In the second meal (after eating half of which I felt as if I were on an Atlantic liner in December) every article of food, not excepting the potatoes and string beans which had been cooked in butter and the maple

syrup which was mixed with chopped nuts, was largely composed of fats. As I am not an Esquimau, this meal was a considerable tax on my digestion. The third menu represents a typical high protein dinner, even the vegetables, with the exception of the lettuce salad, containing much of that constituent. The mince pie in its fruit and pastry contains a good deal of carbohydrate, but, as every one knows, the base and foundation of the mince is meat.

Most people leading sedentary lives err in eating too much protein. Meat is supposed to be a great producer of uric acid if eaten in excess. One meat course a day is as much as most bodies need and digestions can take care of. At the other meals one predominatingly protein dish other than meat is sufficient for all people who are not engaged in very heavy manual labour.

It is just as important to know something about the quantity of food which people of different ages and in different occupations need as to understand what kind of food to give them. In these days you will see constant reference to "calories" in all the more or less scientific articles relating to food. A calorie is simply the unit of heat measure when food is oxidized or burned in the body. To measure food in

this way is a complicated process which can only well be undertaken by scientists who have the proper knowledge and suitable apparatus at their disposal. It is perfectly safe to say, however, that most prosperous, middle-aged people leading a sedentary life, eat far too much. Those engaged in heavy manual labour and growing boys and girls usually need all the food they get, although it is not always judiciously selected for them.

It will be impossible for me to find room here for charts which would enable you to apportion scientifically the quantity of food you ought to eat yourself or to give the family you are keeping house for. However, if the following three rules are observed you can safely let instinct (except in the case of young children who, if permitted, will eat until they are very ill) decide on the quantity of food to be eaten. The first of these rules is to give or choose the well balanced bill of fare I have just spoken of.

The second rule is to chew your food thoroughly. I suppose the remark, "Johnny, stop gobbling and chew your food properly," is one that is very familiar to thousands of households today and has been so for many generations. And yet Johnny's parents probably do not thor-

oughly understand the importance of real chewing. The reproof to the boy simply means that he is to stop swallowing his food whole and is to bite it once or twice. Of course every one knows in a vague sort of way that it is not healthy to swallow food whole, but few know that it must be chewed until it is a liquid lumpless paste in the mouth if it is to digest properly in the stomach and intestines and all the nourishing qualities of it are to be extracted by the organs of digestion.

The best known exponent in this country of the necessity of performing this homely function is Mr. Horace Fletcher who is himself a living example of what thorough mastication can do for a man even after his system has been injured by faulty nutrition. About twenty-three years ago when he was forty-four years old this gentleman, although he had been a trained athlete in his youth and had led an easy, care-free existence, was refused insurance on his life as being too bad a risk. He immediately set to work to put into operation some scheme that would improve this injured health. He started to chew his food so thoroughly that he never swallowed it until it was a liquid paste in his mouth. At first

it required so much thought and attention to do this that I fancy he was not a very entertaining table companion, but after some practice he found that his mind could stray to other matters and yet thorough chewing would still go on. The remarkable result of his experiment was, that in a short time he was accepted without difficulty for insurance, the latest examination, indeed, finding him an unusually healthy subject for his age.

One of the by-products of Mr. Fletcher's experiments was the discovery that considerably less food was required to nourish a man if he chewed it properly than if he didn't. Saliva is almost as essential a digestive fluid as the gastric juice of the stomach. If the food taken into the mouth is not thoroughly broken up and mixed with saliva, the stomach alone cannot extract from this food all its nutritive elements. The waste material from partially assimilated food when it passes out of the intestines contains much that is unchanged which, had it been properly masticated and well mixed with saliva would have added just so much more nourishment to the body.

The third rule to observe is not to eat between

meals. Most stay-at-home girls have this very pernicious habit. Perhaps they do not feel hungry for breakfast and so are "simply starved" by ten or eleven o'clock. A piece of cake or a few crackers are quickly yielded by the raided pantry and "seem to go to the right spot." But when the midday meal is ready it is found that the edge of the appetite has been taken off by the ten o'clock feast, so the good substantial food on the lunch or dinner table is refused. But in the middle of the afternoon nature reasserts itself and the girl again betakes herself to the pantry—or perhaps the soda fountain. Then of course the evening meal is spoiled, and her relatives shake their heads and say, "Oh, Jane has such a delicate appetite. She doesn't eat enough to keep a bird alive," and, I am sorry to say, Jane sometimes feels that it is very interesting to have a bird-like appetite. So she continues to support life on sugar and starch with perhaps a cup of tea and a pickle thrown in. Soon she becomes sallow and pasty looking, feels limp most of the time, gets stoop shouldered and anaemic, thinks she is going into a decline and enjoys a kind of sweet melancholy at the thought.

We have all known girls like Jane so reck-

lessly throwing away health and happiness. Fortunately not many of them are so silly as she. Most of them are simply ignorant. But the result to health is the same in both cases.

CHAPTER V

EXERCISES FOR SPECIAL WEAKNESSES



At the age of adolescence size increases more rapidly than strength. The bones also elongate faster than the muscles. Weight increases but the muscles remain those of a child. The heavier, bigger body must be supported and carried by muscles that are only adequate for the child's smaller size and lighter weight. So, at this age we often see the boy or girl sitting or standing with rounded back, or walking with jerky and awkward gait all on account of muscular inadequacy.

It is most important that the muscles should be encouraged to develop symmetrically with the rest of the bodily growth, for otherwise there is danger that youthful errors of posture or gait will become permanent, not only disfiguring the appearance, but interfering with the circulation,

the inhalation of oxygen and, indeed, all normal functioning of the body.

The following exercises may help in inducing this desirable all-round development; but before describing them I want to warn you that it is better to do them only five times a day regularly than twenty-five times one day and not at all the next. From eight to ten times a day regularly (before breakfast) is a happy medium—enough to bring about improvement in health and strength but not requiring so much time that you need cut short your morning nap or be late for breakfast. Always do these exercises in a well aired room, before an open window if possible.

These exercises were described to me by a well known woman doctor, physical director in a big girls' school in New York.

BREATHING EXERCISE NO. 1

Sit on a stool or chair with spine perfectly erect (not hollowed at waist) chest held high. Let the arms hang loosely at the sides. Then turn the palms out, the little fingers of both hands touching the sides of the body or stool. Breathe slowly and deeply *in* while the palms are being turned out; expel the breath while the palms are being flattened to the sides.

BREATHING EXERCISE No. 2

Sit on a stool or chair as before. Raise the arms from the side to the height of the shoulder with palms down, then turn the palms up breathing in deeply; breathe out as the arms fall.

BREATHING EXERCISE No. 3

Stand with the head erect, heels together, the fingers behind the back of the neck but not touching it. Lift the chest and push the elbows back while breathing in; then relax the elbows and breath out.

The suddenly increased weight of the growing girl comes harder on her ankles, arches and spine than on any other parts of the body. Broken arches or "flat foot" mean torture at every step. Sensible shoes and well chosen exercises can do much to cure or, better still, to prevent this condition. A good *broad* heel is essential in a walking shoe although, in some cases, it should not be too low a one. It is better not to wear pointed toes at all, but remember that if you do, your shoes should be from one to two sizes longer than if they had round or blunt toes. Always wear good thick soles

out of the house, for the roughnesses of the country roads and the cobble stones in some city streets not only torture weak feet protected only by thin soles but produce corns and callouses on the soles of the feet that you will never be able to get rid of. Never wear pumps, slippers or even ties for a long walk. High laced boots are the only hygienic, comfortable and smart looking footgear for this purpose.

If your feet are seriously injured it may be necessary to wear orthopaedic shoes for a time or always. These can be obtained from several manufacturers whose names your doctor will probably be able to give you. Sometimes it will help your feet to have the soles and heels of your boots built up an extra quarter to half an inch on the inside edge.

The following exercises may help to prevent your feet from getting into a bad condition or may even cure them if they are damaged.

Stand perfectly straight, head and chest erect, arms hanging loosely at the sides. Place the feet (in stockings only) side by side, the inner borders of the feet touching each other. Then lift the inner sides of both feet, curling the toes inwards a little. Repeat this exercise at least ten times twice daily.

Another foot strengthening exercise is this. Stand in the same position as before, advance one foot slightly, then lift its toes as high as possible, while the heel remains on the floor. Then repeat with the other foot. The toes should be drawn inward as you do this exercise.

I wonder if you have ever noticed how the *inside* of your boot heels wear down? This is because, your arches being weak, you walk on the inside edges of your feet. The more you do that the weaker your feet become. It is very amusing to try to wear down the *outside* edges of your heels. If, for a week or two, you will bear constantly in mind the determination to walk on the outside edges of your feet, with your toes turning slightly inwards, it will soon become like second nature to you to do so. By that time you will not have to give the matter any thought, but your feet will naturally fall into this position and will benefit greatly from this acquired habit. Look at your boot heels every night, for what you see there will tell you whether you are carrying out your resolution or not.

A good exercise and one that is especially beneficial to the back and abdomen is this: Stand erect, with the feet far apart but not stretched, the head and chest up, the eyes look-

ing straight ahead, arms hanging at the sides, the palms of the hands resting on the sides of the legs. Then swing the arms forwards and upwards over the head, stretching the fingers up towards the ceiling. Then bend the body forward and downward, the arms descending till the tips of the fingers touch the floor. The knees must be kept perfectly stiff meanwhile. Then raise the body, swing the arms over the head, then let them drop sideways with stiff elbows.

A good general exercise, one that is specially beneficial to the circulation is this: Stand erect, the feet together. Rise on the toes, let the body sink as the knees bend (keeping the spine straight all the time) as much as possible, then straighten the knees and let the heels sink to the floor. At first you may not be able to bend your knees much as it requires a great deal of strength to do so. As you may also have difficulty in balancing yourself at first you may lightly rest one finger on the back of a chair placed at your side. This will give you confidence which will enable you to keep your balance. It is quite fascinating to see how you can bend deeper and deeper as your muscles develop. This is a very amusing and exhilarating exercise.

The three following exercises are very useful and simple:

Stand as before, but with the hands on the hips. Then bend the body from the waist to the right, straighten it, then bend it to the left.

Lie flat on the floor or crosswise on a double bed. You will need no pillow but should place your hands under your head. In this position draw your knees up to your chest, then push them down again. You can do this with both knees at once or, if that is too hard, with one knee at a time.

Take the same position on the bed or floor. Swing the feet far apart, with stiff legs, then return till the heels meet.

Constipation is a fruitful source of misery, but exercise and diet can often cure it. The following exercise is excellent for the alleviation of this disability.

Stand erect with the hands on the hips. Lift the right knee up to the chest, then lower it to the ground, then lift the left knee and lower it in the same way. The spine must be kept straight and stiff all through this exercise and must not bend to make things easier for the knees. Repeat this exercise rhythmically in rapid march time, counting always. It is more amusing to

do it marching around the room (when it resembles the famous goose step of the German army), than to replace each foot on the spot from which it has been raised.

If this exercise does not help your constipation try eating one or more bran biscuits or some bran cereal at breakfast.

If you come out of the sometimes difficult adolescent period in good general health you could probably keep in the same condition all the rest of your life if you were always careful about eating, could rest a little every month, and could take a brisk daily walk of two miles out of doors rain or shine. Unfortunately, life does not usually go so smoothly for most of us that we can maintain these regular habits for ever. Infectious diseases will attack the healthiest people, leaving them weak and unstrung. Worry, special strains due to taking care of sick people at home, overwork in trade or occupation, fall to the lot of most of us, and before we know it we have given up our daily walk and even our love of fresh air and are gobbling any kind of food at any time. Then we begin getting out of order. This condition may show itself by our not sleeping well, by dyspepsia, or headaches, irregular bowel movements or disorders of the menstrual

function. Perhaps our feet are cold all the time or ache if we stand on them long. Or we feel cross, depressed and nervous, or become pale and anaemic. Now any or all of these ailments *may* be the symptoms of serious disease; but they are much more likely to indicate only some little defect in circulation, muscular development or nervous fatigue which these simple exercises I have just described will cure. At any rate, try the exercises for a couple of weeks before you consult a doctor. In any case, never resort to medicines on your own advice for the alleviation of these or any other ailments.

Remember, however, that although the course of exercises described here may straighten you out—may give you a new start, so to speak—they will never take the place of the daily two mile walk, the breathing of the fresh air and care and regularity in regard to meals.

PART II
HER SOCIAL RELATIONS

CHAPTER I

RELATIONS TO HER FAMILY



IBELIEVE that the ability to get on well with people is of importance second only to good health and is of even more importance than knowledge. When I say "getting on well with people" I may mean something different from what you think I mean. I do not mean being sweet or fascinating or charming, although it is very nice to be all of these things. People with these delightful qualities do not always get on well with their fellows, while quite plain, unattractive individuals often are very successful in their social relations. Most of us remember the fascinating girl at that nice summer hotel whom all the young men we should have liked for ourselves fell in love with. She married finally, but she did not make her husband happy. She knew how to fascinate him but she did not know how to get on with him.

Then there was that sweet girl at school whose arrangement of hair all the girls copied, and who had to have dozens of photographs printed to give her many friends at Commencement time. Did you know that now she can never keep a servant more than a month and that none of the civic or charitable organizations in her town will have her on their executive committees because she is so unbusinesslike, so bossy and so tactless?

Being able to get on with people is, I think, largely a matter of respecting yourself and your own rights and respecting other people and their rights just as much but no more than yourself and your rights. It is really putting in practice the old motto "live and let live."

Perhaps the hardest place in which to "live and let live" is in your own home among your parents and brothers and sisters. Here you will find a constant clashing of wills and an everlasting conflict between the different individual points of view and the points of view of the different generations. Parents are very apt to consider their mature offspring as mere children and will not respect their independence and rights or else they are their children's slaves. Now, although it may suit your convenience for

a time to allow your parents to be your slaves you know that it will make a perfectly horrid person of you in the end. And yet this kind of devotion is very hard to resist. But you must resist it. We all know and despise the girl who screws out of her impecunious parents their last penny with which to buy finery for herself; who lets her mother sew all day and half the night making clothes for her while she reads novels and entertains her callers. I think the mother in such a case is as much to blame as the daughter, and is really doing her child a great wrong, making her appear obnoxious to the rest of the world and unfitting her for life as she will find it outside her parents' home.

On the other hand, we all know the meek girl who gives up every opportunity for a career or to make some much needed money or even to marry because her parents complain that they will be "lonesome" without her. To tell the truth I have very little respect for a girl like this. She lacks brains, common sense, self-respect and force of character. She can't *do*; she can only *endure*.

I believe a safe rule to make is, never to give up one's own welfare for the pleasure of any one else whomsoever. Of course a daughter

must often give up her own welfare for her mother's welfare. How often one hears of cases where a daughter nearly kills herself with work in order to provide the necessities of life for her mother as well as herself; and unless she is bearing alone a burden that her brothers and sisters ought to assist in carrying she is certainly doing right whatever the consequences to herself may be.

Mothers should always give up their own pleasure for their child's welfare and their own welfare for their child's welfare and sometimes, but not too often, their own pleasure for their child's pleasure, but never their own welfare for their child's pleasure.

You must be intelligent when you want to be unselfish or you will do more harm than good. There is a kind of unselfishness that stunts the growth and another that favours development. Sometimes so-called unselfishness is only weakness—an inability to resist the stronger will of some one else. Simply going without something you have a perfect right to want and have the ability to get is, in nine cases out of ten, a stupid thing to do. To use your strength and brains to make life happy for some one else or,

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better still, to show her how to make life happy for herself is intelligent unselfishness which develops you and strengthens you and the object of your care.

Every generation has its own ideas about what is right and proper to do under all circumstances. Each generation adapts itself to the times in which it lives—to truth as it appears to it. What may seem like truth to you may seem like dangerous unorthodoxy to your parents because, in the days when their minds were most receptive to new facts, certain facts, the knowledge of which have influenced you, were unknown to them. Their older minds have difficulty in really accepting these facts now.

It is customary to say that each generation goes ahead of the one back of it. That is only true in a measure. You are better adapted to live your life among your contemporaries than your parents are to live among your contemporaries, and your contemporaries are the people who, in a very few years, will be doing all the great things in the world. But do not think for a moment that you are more intelligent or of a stronger or better character than your parents. I know a now elderly woman who alone nursed

her six children through measles, whooping cough, mumps and other childish ailments, and later two of them through pneumonia and one of them through typhoid. All of these children lived and grew to be strong men and women. In the days when the mother was young trained nurses were unknown. Now, when the children of her married daughter are ill she sends for a trained nurse. The elderly mother is disgusted and indignant. No one, she believes, can take such good care of a sick child as its own mother. What, she says, can a flighty young stranger do for a child that its own mother cannot do better? I really believe she thinks it is because her daughter is lazy that she sends for a hireling to do what seems to be so obviously her own duty. As a matter of fact the older woman in her young days displayed almost superhuman strength (at one time four of her children were ill at one time) and absolute self-abnegation; and great skill too, for the children were efficiently as well as devotedly nursed. I believe the daughter would break down if she had half of the kind of work her mother had so often to do. Nevertheless, the daughter is just as useful to her community as her mother was to hers, and her husband and children are just as happy

as her mother's husband and children were. The mother was right for the times in which *she* lived and the daughter is right for the times in which *she* lives, and I believe that these times are better for every one than the times of thirty years ago.

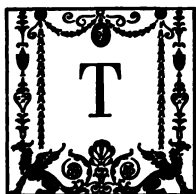
But these differences in point of view create great unhappiness in families. The older generation cannot resist the temptation openly to disapprove of the doings and thoughts of the new generation and to speak lovingly of the "good old times" when they were young, while the younger generation sometimes adopt an air of patronizing superiority which is extremely irritating to their parents. If the young people of this generation know more or find life easier and pleasanter than their parents found it, it is because of the hard work and sacrifice of the latter.

Perhaps one of the most striking differences between the point of view of good people of this generation and the last is in regard to this matter of sacrifice. The modern generation does not seek sacrifice out—they do not feel that there is a virtue in the sacrifice itself unless the end to be obtained is worth the sacrifice. But if the end is worth the sacrifice, modern people will

meet this demand upon them just as proudly, as heroically and as cheerfully as any of the old time martyrs. The great war has proved this thousands of times.

CHAPTER II

RELATIONS TO HER FRIENDS



HERE are few things in life that conduce so much to one's pleasure and happiness as the right kind of friends—therefore choose them wisely. Young girls are usually drawn together because they see in each other some quality of charm in personality or appearance. Rarely does the head play much part in the formation of these youthful friendships. But it should play its part in this as in all relationships. No matter how fascinating a girl may seem to you if she turns out to be vulgar, dishonest or unprincipled do not let your acquaintance with her ripen to the stage of friendship. Never give your friendship cheaply. A friend is a responsibility, even sometimes a burden as well as a comfort and a pleasure. Only if you are true and loyal to this relation will you have a right to expect your friends to be loyal to you. You

must stick to your friends when they are in trouble even if at great inconvenience to yourself.

One often hears people speak of social position. This is simply the position they make for themselves in the world by their social qualities—by their ability to make friends among people who also have social qualities. People value their social position tremendously because it induces general respect and because, as I have said, it provides them with one of the greatest pleasures in life. Once this position is well established they can never lose it, unless they do something crooked. They can live in a desert for twenty-five years, they can fail in health and energy, they can lose home and money, but their social position will remain the same if they have the kind of friends who have the ability and willingness to be faithful through thick and thin.

If you want these splendid friends you must be rather a splendid person yourself. True friendship can only be among equals. Therefore make yourself as fine a woman as possible—fine in thought, deed and health; as able a woman as possible, excelling in whatever work you undertake to do; as useful a woman as pos-

sible, helping along all causes for the public good; as charming a woman as possible, cultivating gentle, simple, sincere and cordial manners; as sympathetic a woman as possible, taking to heart sincerely the troubles and happiness of others; as good looking a woman as possible, giving thought, care and good taste to your dress and appearance. Then choose for your friends such girls, regardless of wealth (although wealth is no objection) who come nearest to living up to the ideal you have set for yourself. Make yourself worthy of the best, then seek and demand the best for yourself. But remember that you will never make a good social position for yourself by tagging after people just because they are rich and fashionable. By doing that you may get invitations to their parties if you are good looking, but acquaintances made in this shallow way will drop you the minute it suits their convenience to do so.

The same rules apply in making boy friends. Whatever you do, do not make yourself cheap. It is better never to have a boy friend or a "beau" than to have an inferior one. I do not mean that you are to demand in a youth the polish and stability of character that you ought

to expect in a middle aged man. Above all things do not expect that he at twenty-one should earn as much money as does your father at fifty. Many young girls are attracted to men who show athletic prowess of some kind. I have a friend who confesses that she married her husband because he was so beautifully agile climbing trees when he was twenty. The captain of any famous foot-ball team could probably have the pick of a majority of the girls on the grand stand at one of the great games. Good health is certainly of prime importance in a husband; strength is quite legitimately attractive; but qualities of character and brain count for more in making a successful marriage than either strength or agility.

The American girl is fortunate above the girls of other countries in that she can have boy friends. It is true that sometimes little tragedies result from these friendships. Sentiment often comes to one and not the other and then a damaged heart results. But these youthful heartbreaks only ripen the character; while the pleasure of the calmer friendships with boys more than compensates for the interesting sorrow of a blighted affection.

I would like to be able to give you some defi-

nite rules in regard to what the conventions permit in the way of association with these boy friends. Very sensibly, these conventions vary with different towns and according to the prominence of the family to which you belong. For instance, in a small town, where it is possible to know the life history of every man, woman and child in the place it is perfectly proper for you to do things with a young man which you could not even do with safety in a big city where many attractive but unauthenticated strangers appear frequently in society. But in any place, I think it looks better for young men and women to go on excursions in parties, two young men and two girls at least. Your home is the place in which to see your men friends alone.

In a place like New York certain girls, the daughters of men of extreme wealth, are the objects of great interest to the gossips and even to some newspapers. If such a girl indulges in the perfectly innocent pleasure of taking a walk with a man friend on Fifth Avenue she is likely to hear in a few days that she is engaged to him. No nice girl wants to be "reported engaged" to some one she hasn't the slightest intention of marrying or who has never thought of marrying her. Consequently there are many

things a girl of extreme prominence cannot do that another girl, of perfect good breeding but in a less conspicuous position can do with impunity.

In this country I think the relations between young men and women can be guided by common sense if two principles are borne in mind. The first is, that it may not be at all safe (as you will see in the Chapter entitled Dangers and Difficulties) to go to theatres, dances, movies, restaurants or to make calls with a young man about whom you know nothing. You can be friendly and polite to every one, for even if he is a stranger he may be a perfectly honest man. But if he is an honest man he will not resent some dignified reserve on your part.

The second principle to remember is this. In any town where you are well known you may be "reported engaged" to any young man you go about with frequently in public places. The worst of having this report current is, that if no engagement does finally take place there will always be some people who say either that you threw him over and treated him badly or that he jilted you and broke your heart. It is not pleasant to have either of these things said about you.

In Europe nice girls do not go anywhere with men unchaperoned. They do not even receive

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men as callers in their homes unless some older person is in the room with them. What we understand as a friendship between the sexes is unknown there. If you are visiting Europe you can continue your American habits with American men that you know all about, but you must not even take a walk in the street alone with a European. They do not understand our point of view about these matters. If you break these conventions in Europe with a European you may subject yourself to some very unwelcome and not very respectful love-making, or may become the subject of some most unpleasant and undeserved gossip.

Your husband should be your best friend. I say "friend" advisedly although I believe that for the man you are going to marry you should feel a strong physical attraction, and that when you are with him you should feel no end of glamour, thrills and other unfriendlike emotions. But, unless in your mind's eye you can picture your future husband as your kindest, truest friend as well as the most fascinating companion, do not marry him.

A woman can nearly always visualize the future and she has intuitions about character. Picture yourself ill in bed, your face drawn and

haggard, all beauty gone. Then imagine the man you are thinking of as a husband as he comes into the room. Does his face light up with joy at the thought of your coming recovery, and with pity and tenderness for your suffering and weakness, or does he look repelled at the inevitable ugliness of your condition? You are bright and gay now as a girl. You can spend much time and nearly all your money on your own clothes, and you can go out into the world seeing interesting things and talking to interesting people. After marriage you may not be able to do this. Children, the best gift life has to offer us, still prevent us from doing many of the things we long to do. The time and the money that you used to be able to devote to the making of clothes for yourself alone now must provide them for several people. The not very stimulating babble of the children now takes the place of the interesting talks and experiences of old days. With your mind's eye on the future can you see your husband coming home filled with the desire to make life brighter for you or does he look bored and rush to his lodge or club as soon as he can get away?

And can you see yourself as *his* best friend? *He* may be ill and ugly; *he* may become dull and

poky! Are you going to care enough for him to be his best friend? Will you stand by him in his hour of trouble or illness, will you be cheerful, brave and intelligent if he loses all his money, will you help him to develop his best characteristics, not nag him about his bad ones? And will you care enough for him to make the effort *not* to get dull or dowdy even if you are overworked in the home? I do not mean to say that I advise you to make a slave of yourself for any husband, nor do I want him to be a slave to you. For instance, let us suppose that he is the one who has become "poky" while you still love society and fun outside the home. There will be four courses open to you. You can give up all your own wishes and spend every evening at your own fireside with him; you can make a row, sacrifice his tastes and drag him out with you every night; you can let him go his way while you go yours; or, best of all, you can compromise by staying at home with him half the time and gently, tactfully persuading him to go out with you occasionally.

The relation between husband and wife if it is a happy one at all is the most happy one in the world. It is well worth a great deal of effort to make it as perfect as it is possible to be made.

CHAPTER III

RELATIONS TO HER EMPLOYÉS



IN this country a woman's employés are, usually, domestics. It is said that only one family in ten keep this useful assistant in the household. Perhaps you belong to the tenth family; perhaps you belong to one of the nine; perhaps you are a domestic yourself. No matter what class you belong to you will find the problem of servants (I like the title domestic assistant better for it is more appropriate, but servant is shorter and more commonly used, so I shall have to employ that) is a very important and interesting one, well worth your best thought. It is the woman's labour problem.

It is quite usual for men to say that the worst failure women have made is in the sphere of the home—that they, the women, cannot run a home alone, and yet find it very difficult to secure the services of any one who will help them do it.

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The servant problem is only a part of the great labour problem that is vexing the best brains of the world at the present time. The woman employer, with her frequent upheavals in the kitchen hasn't failed to any greater extent than the man employer with his bitter strike in mine and factory.

But that is no reason why the woman employer should not try to make a success in her section of the labour world. It can be done. A little interest in and sympathy for servants, who are frequently a very remarkable class of women, the application of some system to the ordering of the household, a realization of the fact that servants are human beings with exactly the same need for rest and recreation that their employers have, will do a great deal to make the creaking domestic machinery go smoothly.

Servants are sometimes reproached for being stupid. Of course girls who have the education and the creative ability to be college professors or big business women do not go into domestic service; it surprises me, however, to see how much native intelligence the majority of servants have, even when, as is usually the case, their education has been quite elementary. They are nearly all anxious to learn all you can teach

them, and they will develop in character and grow more responsible if responsibility is thrown upon them.

In choosing a servant (if you have several to choose from) select one whose references are good and whose personality is agreeable to you, then trust her. It is better to be deceived in a maid occasionally than to regard any member of your household with suspicion. If she proves trustworthy, if she is willing and able to work well, do everything in your power to keep her. I do not mean to say that you need give her exorbitant wages, nor that you must lighten the work to the extent of spoiling her. Very few good servants leave a place where they like the employer and where the conditions in the household are agreeable on account of hard work or moderately small pay. They do leave the place, however, where they feel that their employer has no other point of view than her own—where she evinces no interest in their welfare. They leave the woman who spends her entire time amusing herself, and yet who is indignant if her maids want a little fun once a week—whose daughter receives frequent calls and many attentions from her young men friends and yet will not allow her maid to receive her “steady” in the evening after

the house work is done. Such an employer is doing a wrong to the maid and to society and is further complicating the labour problem.

We, the women of America, cannot deny the fact that somehow we have made domestic service the most disliked of all the business professions for women. The average young American girl of not exceptional natural ability and not much education would rather work in a factory at six dollars a week and pay her board out of that than do housework in a home where she gets all her living expenses and can show a profit of at least twenty dollars every month. It is a great pity. If domestic service could be standardized, humanized and yet made more business-like and consequently more attractive to girls who must support themselves, more of them would choose it as a means of livelihood, thereby saving the health of many an overworked mother and forcing the shops and factories to pay their women better wages in order to attract enough of them to carry on their work. If employers made domestic science popular more girls would take a domestic science course in school and the taxpayers would be more willing to pay for such courses. Women well trained for domestic work would be able, when finally married, to run

a home better than the average factory girl who hardly knows a bean from a potato, a sheet from a tablecloth.

Like all women, I have listened by the hour to the complaints of the employer against her servants. There are several typical causes for these complaints. For example, the employer feels that she has a perfect right to be very rude to her servant. The servant, goaded perhaps beyond endurance, "answers back" and is dismissed on the spot no matter how efficient and honest she may be. Or perhaps for no reason but the very human one that the maid has a headache or because she has just learned that her best young man prefers another, she is tired and irritable and is "sassy" to her employer. She is dismissed at once without having time given her to cool off and apologize. How foolish to give up satisfactory servants for such trivial causes!

A lady I know lives in the country fifty miles from New York. All her maids come from New York and she finds it difficult enough to persuade them to give the place even a trial. When they do come they are, of course, strangers in the village and are soon homesick. They see their employer running to town very frequently for all sorts of purposes. Of course that makes them

more restless and homesick. They ask their employer to send them to New York once in a while. "What," she says, "spend \$2.50 to get each of you to New York when you are supposed to be living in the country?" In a very short time the servants announce that they cannot stand it any longer and depart. Then begins for my friend the weary tramp through the intelligence offices and spending in fees and railroad tickets a good deal more than it would have cost her to send her maids to town two or three times a winter.

The point of view of a young girl keeping house for her father in a New York apartment house is very typical. She once said to me, "But if I give my two maids one afternoon a week out what will I do if I want to give a dinner party the very night one of them is not here?" I answered, "You will have five days in the week left on which to give dinner parties. If none of these will really do, ask your maid *as a favour for which thanks are due* to take another day that week." "But," she said, "what am I to do if any one comes in to tea the afternoon the waitress is out? The cook is fat. I do not like to have her around the sitting room." "You can do one of two things," I replied. "Have the cook arrange the tea things on a tray

and leave them in the dining room where you can easily get them and bring them to your guests yourself, or dress the cook up in a nice black dress and a pretty apron. That is a uniform that every one looks well in." "Oh, dear!" exclaimed the young girl. "I wish I could get people like Aunt Alice's Mary. She hasn't had a day out nor a vacation for thirty-five years." "Such women," I answered, "are happily becoming rare. Old Mary during her lifetime has probably done as much as any one person could to deter young girls from going into domestic service. No one with any spirit could face with equanimity the prospect of a life of such joyless monotony as hers has been. No girl with red blood in her veins could endure the thought of looking like such a sad ghost as old Mary does after thirty-five years of unvaried housework."

I do not want you to understand that I think all servants are angels and all employers fools or monsters. Far from it. But I do think that the solution of the servant problem lies chiefly in the hands of the employers and that when the problem is solved society in general will benefit greatly. I do wish all women would take a real interest in the characters and lives of their servants for most of whom I believe they would have

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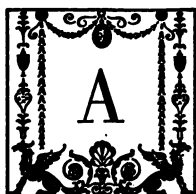
the greatest respect and sympathy if they knew them better. Some of these girls have had lives of real heroism and romance. As a class they are brave and unselfish. Hundreds of them leave their homes in Europe as mere children to seek their fortunes alone in a strange land. And most of them remain pure in this land of loneliness and temptation. For every one that foolishly spends all her money on her clothes, ten send every cent they make back to the old country to support the parents or to bring the younger boys and girls out here. For every servant that is flighty and deceitful there are ten who will be true and faithful friends to you and your children if you treat them right. And this friendship is well worth guarding at the price of a little thought and inconvenience to you.

If, by any chance, this book should fall into the hands of a girl in domestic service I want to say this to her: Respect yourself and respect your job and then people will respect you. Do your work thoroughly well, then politely but firmly insist on your right to a decent room to sleep in, a little period of rest every day, at least one afternoon and evening "off" a week and permission to receive callers (male and female) in your kitchen. Do not worry if you are dismissed;

yours is the only labour market in the world which is not overcrowded with applicants for jobs. Dress quietly and in good taste. Start a savings bank account. There are no three things which command such universal respect as thorough work, tasteful dress, and a bank account.

CHAPTER IV

RELATIONS TO HER EMPLOYER



AFTER your profession, trade or craft is mastered, so far as school can teach you to master it, you will have another lesson to learn if you are going to succeed out in the world—the lesson of submerging your own opinions and expressing those of your employer. For this reason it is important for you to find out all that you can about the man or woman who offers you a position before you accept it. Find out whether his ideas are honourable, so that you need never feel shame at being their agent; and that they are not so violently opposed to your own as to be a constant irritation to you. When your function is that of lubricating and speeding some one else's work you must feel to a certain degree in harmony with it or you will not be able to act in the spirit which wins approval. A

man or woman who, through force of imagination, large experience and executive talent becomes the head of a business or department, usually likes to regard his employes as machines for the swift execution of his work.

Competence is the first quality demanded, the habit of not bungling or hesitating but going straight to the point. Beyond this, an employer likes to have a certain respect paid to his idiosyncrasies. Probably they will seem silly to you, but he may be rather vain of them. The doubling or not doubling of a letter in some word may seem to him to be of sufficient importance to cause a wearisome recopying of a letter, while, in the meantime, the mail goes out. You should carry out these ideas amiably and without comment, even to your co-workers. Criticism of your employer to your associates is in very poor taste. For the same reason you should never repeat office gossip, particularly that which concerns the governors, governing policies and patrons of your office. A "close tongue" wins respect and confidence. It is a paradox but true that by keeping your own personality and opinions hidden you may finally arrest the favourable attention of your chief. If this notice finally results in promotion do not therefore feel

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that you are released from the old restraints and reserves, but continue to let them serve as rungs in the ladder of your progress.

After having convinced yourself that the shop or office you are about to enter as employé is an honourable one, try to throw yourself wholeheartedly into working for its success. Work is joyless unless you can feel that, in your small way, you are working for a big worthy whole. Never be a clock watcher, wondering half the afternoon if it isn't yet time to go home. If you know that by staying beyond closing time you can finish an important piece of work that should not be delayed remain cheerfully at your post as a matter of course, out of interest in the success of your house.

But, just because you are willing to give generous service to your employer is no reason why he should frequently, systematically or unnecessarily work you overtime. If he prides himself on arriving in the mornings half an hour earlier than your contract calls upon you to arrive there is no reason why you should be there regularly to greet the sunrise with him. On the other hand never arrive a moment later than your agreement states. On the contrary, make a point of being always at your desk or counter a

few minutes ahead of time, and arrive there placidly not in a breathless flurry.

The occasional tempers, unreasonableness and irritability of your boss, even though not justified by any error on your part, should be passed over with a polite and charitable indifference. You do not know what strain he may be under, at home perhaps, if not in the office; nor what physical indisposition may rasp his nerves. Never comment on his cross remarks even by a shrug of your shoulders or a swift movement. He will be grateful to you for this consideration. Always show a teachable spirit. Welcome helpful criticism of your work.

Dress well. If you have not an instinct for clothes consult some friend who has it. There are two extremes to avoid: the wearing of inappropriate clothes, fussy dresses, fancy shoes, silk stockings, all these things in which you would look charming on Sunday afternoon; and the wearing of ugly things. I scarcely know which is worse. Forlorn shirt waists, sagging skirts, shoes with worn down heels, straggly locks carry depression in their train.

Employers want to receive a pleasurable impression when they remember to look at you! Let your hair be very neat and compact. Wave

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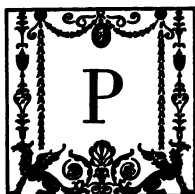
it a little if it is too straight to be neat and becoming otherwise. Keep your hands immaculately clean and free from chapping, but do not polish your nails; wear smartly cut plain boots or shoes and solid stockings. A one piece dress cut on tailor lines of a dark becoming colour makes a very successful business costume. Shirt waists are often preferable, however, because they can be tubbed, but they must be chosen with as great care as you would bestow on a dress. Be sure that they fit well on the shoulders, make perfect connections with the skirt and that they are very trig about the neck.

Never flirt with the men and boys in the office. To do so is in the poorest possible taste and is likely to win for you the enmity of some fellow worker who may do you a real injury. Do not lunch or motor with them, nor ask them to your house unless there is the bond of old acquaintance or mutual friends which would make it absurd and prudish to avoid their occasional companionship. In this case take pains that your social relations are as little conspicuous as possible. It is never wise to mix business and society. Remember that you are employed to help in the work of the office not as a charming young lady to entertain it.

When you are convinced that you are worth more salary than you are receiving, ask for a raise in an amiable and business-like way. Such a request, if justified, wins respect. If you decide to seek a new position do so before you leave the old one. Give your employer a sufficiently long time to find your successor comfortably; then leave your old place on good terms with your chief and your associates. If you build up a reputation for being competent, just and amiable, you will never be long out of employment.

CHAPTER V

HER APPEARANCE



PERHAPS no admonition is less needed by the average American girl than this one: It is your duty to be as good looking as possible! But it is quite likely that you think I mean something more superficial in the way of good looks than I really do. I constantly see girls dabbing powder on their noses. That is a good way to hide a red nose, but I would far rather see that nose naturally than artificially white. A good digestion and an active circulation nearly always does away with red noses. Puffs and padding are a rapid and simple means of disguising narrow shoulders and flat chests. By all means use them until you can, by systematic exercise, develop shoulders and bust of your own.

I have said I believed it to be your duty to make yourself as good looking as possible. I

am a great believer in self respect, and consequently think you owe it to yourself to deserve all the admiration you can possibly get. But besides that, it is every girl's duty to contribute as much as she can to the sum of pleasure in the world. The sight of any kind of beauty is a joy to most people. When I see a well-proportioned person (of any age) erect, with fresh colour, bright eyes and light, graceful gait I experience the same sense of delight that I feel when I view a fine picture or a beautiful landscape—and almost all other people feel the same way.

The way to be good-looking physically is to be healthy, well-developed and amiable. If you have no serious disease and observe the rules in regard to eating, breathing fresh air, taking periodical rest and exercise which I have described in previous chapters you will probably be healthy. That means that your skin will be good, your eyes bright and your teeth at least unobjectionable. If you want to have a good figure you can only keep it (if you have it to start with) or acquire it if nature has not been so generous with you, by systematic exercise. The breathing exercises described on pages 53 and 54, are excellent for the development of

too flat a chest and too thin arms. All games encourage agility and all round muscular strength. The leg exercises described on pages 57 and 58 are good for the circulation (which means better colour in your cheeks). Walking to the rhythm of an imaginary band or some rhythmical refrain repeated by yourself will improve your gait. A "lumpy" irregular gait is very unattractive.

If you are too fat all over it is probably because you do not take exercise enough or eat too much fattening food—bread, cereals, cream, candy, puddings, etc. You need never go hungry, unless you have an abnormal appetite, but if you are too fat you will probably need to balance your meals better. Eat less of the sweet and starchy foods and take more of the proteins, vegetables and fruit. I once found to my horror that I was gaining about a pound a month. A friend advised me to make this simple change in my diet—simply to leave out cereal for breakfast and bread and butter for lunch and dinner. By making this slight change I found that I could lose two or three pounds a year. In the course of five years, making no real sacrifice and suffering no discomfort, I have gotten back to normal weight for my height and age. Now I can occasionally treat myself

to the forbidden viands, but if I eat them regularly up goes my weight again.

Inducing excessive perspiration is sometimes a successful way to lose weight rapidly. This can be done by taking violent exercise in a warm room with many clothes on. Care should be taken, however, to sponge oneself off with cold water the instant the exercises are concluded to close the pores. Otherwise one is apt to take a very bad cold. All weight lost by perspiration will be soon regained, however, unless careful attention is paid to the diet.

I do not want to bore you with goody goody platitudes about how beautiful a homely person can be who has a sweet expression. It is true that expression has a great deal to do with charming appearance, but sweetness is not the only expression a face should have if it is to be attractive. Indeed I have seen people with a look of such saccharine amiability that I have been inspired with a most unladylike and unchristian desire to hit them to see if a little spunk might not be hidden under the too pleasant exterior. I think a look of intelligence is perhaps the best fundamental expression for a face. On that should be a layer of humour. On that a look of great kindness and on top of

that an expression that suggests what, I believe, the modern girl calls "pep." The most unattractive expression is no expression at all—a kind of blank, cowl-like appearance. Worry, bad temper and discontent make very disagreeable lines on a face. The experience of genuine sorrow bravely borne only adds to the interest of a face on which are expressed intelligence, kindness, humour and veracity.

If, in addition to being physically healthy and well developed and possessed of a face on which the expression is attractive, you can dress appropriately, becomingly and stylishly, so much the better. Yes, even to dress well is a duty—happily a pleasant one to most girls. To dress well you must spend some time, thought and money for this purpose. But this expenditure should be in proportion to your means. We all have the same income of time—twenty-four hours a day—to spend for any purpose; but our money income may vary from a very few to many thousand dollars a year. It is reported that some great society women spend every morning at their dressmaker's. I should think the fine clothes thus acquired would hardly compensate the society they frequent for the lack of interesting conversation these women must have

at their command. Nearly half of your waking hours are certainly too large a proportion of your time to spend on clothes.

As for what is the proper proportion of your money income to spend on clothes, that is difficult to say. There is, of course, a certain irreducible minimum, as the economists say, below which you cannot go and look respectable. To keep this absolutely necessary standard you may have to spend all that you can spare from food, shelter and doctors on covering for your body. But in the case of girls who have a fair sized income we can safely say that she is both selfish and narrow in her tastes if she can spare no money for books, plays, music, hospitality and philanthropy from the exigencies of her wardrobe.

A large expenditure of money does not necessarily insure tasteful or becoming dressing. The woman who can honestly afford to spend several thousand dollars a year on frocks does not look well dressed if she wears a heavy fur coat with a light straw hat; or a plain tailor-made travelling suit with high heeled fancy slippers; or, having legs the size and shape of broom handles (or like those of an elephant) she wears her skirt twelve inches from the ground, even if it

cost \$500 and came straight from Paris. Study the styles by all means. Young people who are dressed in a very old fashioned way never look attractive. But do not be a slave to fashion. Do not disregard the eternal laws of good taste and do not wear things that are unbecoming to you, even if they are the last cry of style. But above all, do not try to go the styles one better.

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PART III
HER WORK AND PLAY

CHAPTER I

HER WORK IN LIFE



GIRLS, have you ever stopped to think how much you consume? The almost constant time and thought of your parents, the services of friends, teachers, perhaps servants, tons of food, hundreds of articles of clothing, much space? What do you produce of equal value to what you consume? Does it seem to you to be quite honest to use up so much in the world and not put anything in the place of what you take out?

Of course you give much joy to your parents and perhaps to your friends. But you could well do more than that. Unless you are singularly unfortunate you ought to be able to produce a little more than you consume. Indeed, if the majority of people had not been doing that for the thousands, perhaps millions, of years the world has existed we should not be better off today than were our most remote ancestors.

You can be a producer in various ways, spiritual and physical. Unless you have a rare talent for one of the great arts the best thing you can do for the world and for yourself is to marry and create children and that partly tangible, partly intangible thing called a home. If you do not marry but still are supported by your father you can be worth all you consume if you do gratuitous work for the benefit of the community. If you become that admirable person, the self-supporting woman, you can easily earn all you consume.

If you are going to get married stop and ask yourself if you know anything about the work you will have to do when you have a house to manage. Do you know anything about the cost of running a house? Will you be like the girl in a story which appeared in one of the funny papers several years ago? A young engaged couple sat on the sofa together. He said, "Darling, I have just had a raise in my salary. They are going to give me \$1500 a year hereafter. Do you think we could *begin* to think of getting married sometime now?" "Why, of course," answered the fair young girl. "Let us be married at once. If I am careful I can get all my clothes for a \$1000 a year; then we shall have

all the rest for our other expenses." Or like the bride who came to her mother in great distress saying that she had just had to spend a whole dollar for postage stamps. "Why, naturally," said her mother, "you needed them, did you not?" "Yes, certainly," wailed the bride. "But I didn't know you had to buy them. I thought they just came. Father always seemed to have plenty in his desk."

Young American women as a rule know far too little about the value of money. Perhaps this is particularly true in families who are pretty well off. The custom among them is, frequently, to buy what they want and send the bill to husband or father. By that system they never know what anything costs, nor do they learn what proportion of an income should be spent for rent, clothes, food, etc. When the husband or father dies, a woman who has what ought to be a good income often cannot live within it simply because she has never learned anything about the great art of buying wisely.

If any of you girls now live according to this system, my advice to you is to strike at once for an allowance—that is, if you have not the mental or physical energy to earn your own money, or if you are so useful to the community

(and you may well be) that you feel you are really worth the allowance your father may give you.

If you are going to marry on a small income you will probably have to do a great deal of housework. Do you know how to cook, how to keep your house in order, how to systematize the housework so that it will not take all your time and strength? Do you know anything about buying, so that your money will go as far as possible, or anything about the utilization of the waste material of the household—paper, rags, bottles, scraps of food? If your husband is well-off you should know, in addition to the things enumerated above, how to manage your servants so that they will do the work of the house satisfactorily and yet will be contented in your employ.

It never seems to me quite straight of a girl to marry and undertake to run a house when she knows nothing about it and does not even take an intelligent interest in doing it well. You would justly feel that your husband had been very dishonest with you if he had made it appear, before marriage, that he had some means of support and then turned out to be a penniless idler. Or, if he had represented himself to be a pro-

fessional man and turned out to be a day labourer. He would have just as much cause to feel that you had deceived him if you turn out to be a waster of money—a household incompetent. He sees you now living in an attractive home, and he naturally thinks you know how to organize and maintain the home of a lady. Do you not think he has cause to complain if he finds you a slattern? Do not think that because you and your family are refined people you cannot be a slattern. I have known people with plenty of money and a so-called “good” education in whose houses, when you looked below the surface, dirt, confusion and even vermin prevailed everywhere. When such a condition of affairs exists it is *always* the wife’s fault unless she is a serious invalid.

If you are the one woman in ten thousand who can paint portraits, write “best sellers” or run a big business and earn a lot of money you will be amply justified in employing a housekeeper to run your house for you. For most of us, however, the care of the household falls to our share in the family division of labour. The husband is the earner and the wife is the spender. I cannot deny that housework is very monotonous, but so is all work. Sometimes it

is extremely uncongenial work to the women who have to perform it. But this much can be said in its favour: You are your own boss when you are doing it, and the more skill, science and thrift you put into it the more interesting it is.

And now, you may say, How am I to learn all these useful things? If you live in or near a big city you can attend a domestic science course in some school or college. In the smaller cities and villages such advantages may not exist. In that case, I can only say that you must teach yourself. This you can do perfectly well if you will read, keep your eyes open and develop your critical faculties.

For reading, subscribe to one or more of the women's magazines. In nearly every number of all of them you will find most helpful articles about preparing food, systematizing work or suggesting plans whereby great financial saving may be made in home management.

Then keep your eyes open and notice all the beautiful things you see in the shop windows or in your friends' houses. Do not hesitate to ask the price of things in shops if you think them useful or beautiful. Notice when the food you eat is good and find out how it has been pre-

pared. Nearly every woman you know prides herself on cooking some one article of food well. Get each of them to show you her specialty.

Notice when the work of some house seems to go with great smoothness, and make a point of asking how this most desirable result is attained. A good exercise (and an amusing one also) is to set yourself some imaginary problem in housekeeping. Allow yourself, let us say \$50 with which to furnish a room. With the aid of catalogues which the great mail order houses and big city department stores will gladly furnish you, you can easily select in imagination furniture that will come within the price limits you have set yourself. And what shall this furniture be? Do you want to spend all your spare time dusting it? No. Well, then choose things with flat surfaces, simple straight lines. Simple, plain things are more restful to live with anyway than things of meaningless elaboration. Choose beforehand some definite colour scheme and try to follow that out in your selection of rug, hangings and covers. If you have to economize in something try to use good judgment as to where you will economize. For instance, will you get a handsome brass bedstead and a cheap mattress, or will you get a plain

iron bed and a good mattress? You will do the latter of course. Even the cheapest iron bed is inoffensive looking and will never wear out, whereas a cheap mattress will never be very comfortable and will give poor service. Moreover, if the time ever comes when you can afford to buy a handsome bed to put with your good mattress, the old iron one may be useful in some other room, or can be sold for at least half what you paid for it. The same principles can be applied to the selection of food and clothes.

A critical faculty of mind will help you to do your work well. In fact, unless you are critical you can see without seeing, as the following story will prove. A year or two ago some people in New York got up an exhibition of perfectly hideous furniture and household ornaments that had once been considered beautiful and by people who ought to have known better. This exhibition was popularly known as the Chamber of Horrors. A woman, quite well known as a collector of beautiful things, saw this exhibition and laughed at it as every one did. Suddenly she espied a chair, whose senseless and tortured lines had won it a place in the show. Her face grew grave. "I have one just like it," she said. "It has been in my room since I was a child. I

am so used to it I never noticed it. I never knew till this moment that it was hideous."

I have said on another page that to society you may be well worth the allowance of money your father may give you. Women of independent means and leisure are making a wonderful record for themselves as unremunerated workers in the field of philanthropy and public service. In the great cities large numbers of them work in the so-called "settlements," where the newly arrived foreigner receives, perhaps for the first time, the welcoming hand of the native born. The public schools teach him English and things out of books, but the people of the settlements teach him American standards of living, American manners, American points of view about everything, and, above all, make him feel that he is welcomed to our country. Women, volunteers, still without the vote in most of our states, are toiling to promote better legislation in all our states and in the nation. Women are active in village improvement work and have done wonders in the last few years to make our country places more sanitary and more beautiful. Women are getting together as they never did before—all kinds of women, rich and poor, educated and uneducated—to work for causes in

which they are all interested. People can no longer justly say that women are not democratic—that they are not loyal to their own sex.

I could fill a book if I were to record all the useful, civilizing things the unpaid woman is doing for the country. Suffice it to say, that the idle, frivolous woman—the woman who does not earn her salt in some way—is regarded with an increasing lack of interest and respect. If a woman is not more or less of a personage—a personality at least—she finds that very little attention is paid to her after the first charm of extreme youth has passed.

I want to speak a word of deep respect for the girl who earns her own living. Some girls are obliged to work—poverty leaves them no choice—and a very few have so much talent that they cannot help making money by exercising this talent. Probably the majority of girls who read this book will belong to a third category—girls whose fathers can give them food, shelter and clothes as long as he lives, but cannot provide for their future after he dies. Girls situated in this way, if they are wise, will go to work as soon as they can get a suitable job. Even if they expect to marry, they should remem-

ber that husbands as well as fathers sometimes die or are disabled. It is a good thing to have had some experience in the business world or to have a trade or profession to fall back upon in case of necessity.

Of course it seems hard to have to work when you have a comfortable home and your father can give you all you need. But think how awful it would be to be dependent upon some relative more distant than your father should he die and you not be able to care for yourself. One or two generations ago it was common to see families where the man had to support, in addition to his wife and children, his aged mother, a maiden sister and an aunt or two. Perhaps your father has been handicapped by a similar burden. There is less excuse for your being dependent now than there was for these unfortunate old ladies. They could scarcely have succeeded in taking care of themselves had they wanted to in their youth. Few occupations were open to them and those that were offered the barest existence with cruelly long hours of work. It is quite different now. Women with good manners and ability can make sometimes a handsome income in a hundred different ways. Even girls of poor education and not remarkable intel-

ligence can earn enough to live on without overworking themselves.

If you should go to work while you are living at home you ought to be able to lay up a good sum of money. Even if you have to pay all your living expenses out of your earnings you will put something in the savings bank every week if you are wise. Why not agree with yourself to deposit a certain sum, whatever you think you can easily afford, at regular intervals? You will enjoy doing it after a while. There is a real fascination about seeing the figures in your bank book gradually getting bigger and bigger. After you have a couple of hundred dollars, let us say, in the bank, you can wisely begin to save up for a more lucrative investment. Savings banks usually only pay from three to four per cent. interest on deposits but the advantage of having your money there is, that you can get it out at once if you need it. It is never safe to be without some money in the savings bank. But there are plenty of other perfectly safe investments that will bring you in five per cent. interest. Your bank will advise you about these. Of late years some of the biggest financial firms in the great cities have been making special efforts to interest the small capitalist—the man or

woman who has, let us say, one hundred dollars to invest at a time.

Girls, I wish I could make you feel the real comfort of having a little income of your own—even if it is only ten dollars a year—that comes in regularly, rain or shine, sick or well. You can soon save it if you bend your mind to it. Unless you have already had experience in saving you will probably be surprised to see how fast small sums amount into big ones. You probably do not realize, either, how many small sums you fritter away. Americans, I am sorry to say, are great fritterers. We have been called the most wasteful nation on earth, I fear with justice. The savings bank habit will cure you of frittering and wasting.

I hope you realize the importance of having a well trained mind. The attitude of the public has changed very much in the last twenty-five years toward hard study for women. When I was a girl I used frequently to hear mothers say, "Oh, what a pity Lucy is studying so hard. The men won't like her." This point of view used to irritate me extremely, even then. It seemed to me ignominious that a woman should be asked to suppress deliberately such a worthy instinct as a love of study for the sole purpose of hav-

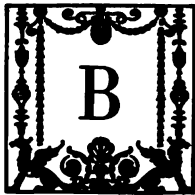
ing more partners at dances or a greater variety of proposals of marriage. When the Lucy in question finally married a far more distinguished and attractive man than any of her more light-headed contemporaries I felt that my resentment toward the mothers was justified. At the present moment Lucy, now fifty years old, can look back on twenty-five years of great usefulness, finds life intensely interesting whether she is alone or in society and is a welcome companion to both men and women. Some of her less intellectual girlhood friends find life a dull affair as advancing years curtail the pleasures that satisfied them in youth.

Nowadays the best type of man likes to admire and even look up to the intellect of the girls he is attentive to. He is not afraid of the girl with a trained mind and a strong, active character. All right thinking girls want to be attractive to men, of course, but those of this generation will not make this desire the sole object of their lives; nor, for the sake of attaining this attractiveness, will they willingly sacrifice the expression of their own tastes and talents. Remember, too, that a well-trained mind is not inconsistent with good looks, pretty clothes, graceful dancing and pleasing manners.

Ambition, a longing for self development, the wish to be useful outside as well as inside the home, the enjoyment of study for study's sake as well as a desire for a home and children are the impelling forces in women's lives nowadays. Incidentally, men still love and marry them and find them better companions for having heads as well as hearts; while the women now find that life, even after youth has passed, is still a joyous thing.

CHAPTER II

HER SPORTS AND PLAY



BY this time you probably think I believe that life should be one perpetual grind,—or at least, that it should be a very solemn or even sad affair. You will perhaps be surprised when I tell you that I think happiness is the great object of life. Even Mary Lyon, that great New England teacher of nearly one hundred years ago when the shadow of the gloomy Puritan theology was still dark upon her section of the United States, said: “God wants you to be happy; he made you to be happy.” And, “You have no right to give up your happiness just because you are willing to do so.”

To have had a happy life is, it seems to me a great achievement, for true happiness can only come as a result of right living. If disease, ignorance and crime made every one happy we should abolish doctors and schools and canonize

criminals. The reason crimes are considered wrong is that their perpetration makes people unhappy. The reason disease and ignorance are undesirable is that they make people unhappy and unfit them for working for the happiness of others. Some of the greatest sacrifices in the world have been made to promote the greater happiness of some race or group of people. During our great Civil War thousands of men willingly gave their lives that the negro race in this country might have a greater opportunity for happiness. If it is right for one person to work for the happiness of another person, it must be right for the latter to receive and enjoy this happiness.

Do not mistake pleasures or amusements for happiness; people who make them their object in life are the most bored, unhappy people in the world. Nevertheless, pleasures and amusements occupy a very important place in life. They are great recreative forces. If one is denied or denies oneself all pleasure or amusement one soon becomes dull, depressed or even ill, and ceases to be that finest creation of God, a normal person.

There are delightful amusements in this good old world. I hope you love one of the best of

them—dancing. Nothing will put you in such good spirits as indulging in that primitive and lovely exercise. Travelling is also one of the greatest amusements in the world. Of course it is expensive if you travel in the conventional way, but there are unconventional ways that are within the reach of every one with courage and good health. A few years ago many people saw a good deal of this globe on their bicycles, and they could still do so if they wanted to although the roads are not as safe now as they were before the day of the automobile. Many a frail, nervous woman gained health, self-control and good spirits after a year or two of the splendid and diverting exercise offered by the bicycle. The automobile has put touring within the reach of girls of very moderate means. Last summer three girls, school teachers, came through the town where I live in one of the cheap but reliable touring cars now on the market. They had come all the way to New York State from quite far west. They each had a pistol (which they had had no occasion to use, by the way), and they carried a camping outfit with them. They had travelled hundreds of miles and had seen everything on the way worth seeing for a little less money than they would have had to

spend for a summer in a cheap boarding house.

With the modern self-starter and demountable rims any woman can run an automobile as far as muscular strength is concerned. Her mind should work quickly and she should have decision of character. She should also have self-control enough to keep calm under trying or dangerous circumstances. If she has not these characteristics to start with, running an automobile will develop them. Perhaps it is unnecessary to say that they are characteristics which are useful not only in the auto but on many occasions of every day life. It is said that many physicians recommend being an amateur chauffeur to nervous women who, if they once learn to conquer real dangers, will seldom worry about imaginary ones.

Everything I have said about running an automobile can be applied with equal truth to the sailing of small boats by women. When I was young the number of girls in the country who managed sail boats alone could almost be counted on the fingers of two hands. But this distinguished ten were as skilful in the science of the sport as their brothers. Of course they could not manage as large a boat as the men, but the principles of sailing are the same for a

small as for a large boat. While today many more girls sail boats than used to a generation ago the sport does not yet enjoy the popularity among the sex that it deserves.

The old illogical idea that women were too frail to do anything out of doors but were strong enough to bring ten children into the world and do all the housework and dressmaking for this large family, does not receive much credence in these days. The fact is that women are, potentially at least, quite strong enough for any kind of work, outdoors or in, that they want to do. Their muscles need development it is true and so do their lungs. It will probably take several generations of women working in gardens and at games before they come up to a man's standard in the matter of lungs and muscles.

All outdoor games and sports afford the very best exercise and recreation for both sexes. They develop the general strength of the body, they send the blood coursing through the veins, they promote mental concentration, give occasion for healthy social life and drive worry and depression away from the mind. They also teach the merits of co-operation and the elements of fair play. Of late years women have been doing excellent work in games and sports; in-

deed football and squash are almost the only games which women do not at least try to play. Of course there are others in which they do not excel—baseball, polo and hockey for instance. But in skating, horse back riding, swimming, croquet and archery they can compete on the same terms with all but the greatest men athletes; while in golf and tennis, while still behind their brothers in strength and skill, they do exceedingly well and are improving with every generation.

If you are going to skate get yourself a pair of boots to which your skates can be screwed or otherwise permanently fastened. Some very serious accidents have occurred as a result of the skate turning or falling off the boot to which it was only temporarily attached. If you are going in for speed skating get hockey skates with their straight flat runners. For the average girl, however, who has only a small pond or rink to skate on, it is better to specialize on graceful fancy skating. For this purpose she will need rocker skates with rounded runners. The basis of all fancy skating is the edges—the outer edge forward and backward and the inner edge forward and backward. As their names imply, this kind of skating is done on the outside and

inside edges of the runners, which must be very sharp and perfectly smooth or else they will not cut into the ice. If they do not cut into the ice the skate will slip sideways and the skater will fall. The so-called outer edge is done by tipping the body sideways onto the outside edge of either skate and pushing the foot forward or backward in a bold sweeping outward curve. In the inner edge the body is also swung over sideways onto the inside edge of the skate while the foot is pushed forward or backward in long sweeping curves. To be successful with the edges one must have perfect control of the ankles as the foot must remain stiffly in its proper relation to the leg and not turn. The edges you can practise and perfect by yourself, but you must not be afraid of getting a few bumps in learning them. When you are proficient with the edges you will have little difficulty in copying the fancy skating you may see others perform—the Dutch roll, the grape vine, figure eights, waltzes, etc.

There is an old saying that the outside of a horse is good for the inside of a man. How true that saying is no one can know who has not experienced the feeling of perfect health and joy that comes during and after a horseback ride.

Unfortunately, riding is so expensive that few can indulge in it.

Although it is a good thing to learn to ride young (at the age of seven or eight) many women of forty and over have become proficient. Some people are born riders and some are not. The born riders can ride easily and by instinct at any age. The others can learn, but only by dint of patient practice.

Within the last ten or twenty years the fashion of women riding astride has grown in popularity. So great an authority as Belle Beach, the well known professional of New York, does not altogether approve of this new practice, however. She believes that the side saddle fashion with safety skirt and stirrup is far safer for, she says in her book, "Riding for Women," women sit so high and their legs are so short that they cannot get any security of seat by pressing their legs to the sides of the horse if astride.

In riding as in all other sports and games, it is best to have a good teacher when you are learning. But as it is impossible for ninety-nine out of a hundred girls to enjoy this advantage my advice is to get on the back of any amiable horse that you can get hold of and learn to ride him the best you can by yourself.

Try both side and cross saddle and adopt the position you like best and that is best adapted to your figure. If you are going to ride in a city park or a fashionable summer resort you will need a correct outfit of tailor-made clothes. These are fairly expensive, although excellent ready-made habits can now be bought for less than half the price a tailor would charge to make them to order. If you are going to ride in the country, however, you can wear a skirt or trousers you have made yourself and a skirt waist. You can wear a plain dark sweater if you have not a coat that matches your skirt. You should bear one principle in mind, however, in regard to riding clothes wherever you are going to ride. Your clothes should be strong and absolutely plain. Lace, feathers, embroidery or trimming of any sort are absolutely out of place on riding garments.

By all means learn to swim, even if a tank or a pond are the only places you have to learn in. Some of the greatest swimmers of any time or place have been women. Not only is this a very delightful sport but it is most beneficial to the health. A woman simply cannot swim unless she develops good lung capacity. I wonder if you realize how often a knowledge of how

to swim has saved lives. In all the cases of survivors of shipwrecks I think you will find that a large proportion are swimmers. This is not because a knowledge of swimming often enables one to reach the shore. Accidents most frequently happen so far from land that the greatest expert in the art of natation could not reach it by his own efforts alone. But a swimmer keeps cool and calm in the water while a person not at home there loses his head. If there is an opportunity to help or save himself the swimmer can see it. When he first finds himself in the water he does not waste his strength splashing about, calling for help and incidentally swallowing quarts of water. Nor does he grab people who may be near him and pull them down. Instead, he looks about for a boat or spar to which he can cling, thereby saving his strength for a more critical moment.

I have not space here to describe the motions of the arms and legs which propel the body through the water. Books may be obtained, however, which will describe these motions to you. Perhaps the best way to teach yourself is to watch from above (say from a dock or a boat) the motions of some one who does know how to swim. These motions can be practised

at home by placing the body, stomach down, across the seat of an armless chair, leaving the arms and legs free. If there is a tank or pond in your town or village you may be sure there is at least one small boy in the place who can swim like a fish and would be only too proud to impart all his knowledge of swimming to you.

Even if you have no chance to learn to swim you can easily float if you want to. It is the simplest thing in the world to do. Simply throw yourself flat on your back with your arms at your sides or stretched up over your head. Keep your eyes on the sky above you. If you try to look at your feet you are likely to double up like a jack knife and go down.

Remember these five maxims in regard to swimming.

Never try to swim when fatigued. It is hard exercise.

Never go in the water until two hours after a meal.

Never stay in when chilled or fatigued.

Do not lose your head if one of your limbs becomes cramped. Keep calm, throw yourself into a floating position on your back, raise the cramped limb and rub it vigorously. When the

pain leaves get out of the water just as quickly as you can.

If you know that you have heart trouble do not go out beyond your depth—in fact do not go in bathing at all—without a doctor's advice.¹

I suppose the most generally popular game among young people of both sexes in America is tennis. Wherever a tennis court can be laid out that is smooth enough to allow the ball to bounce accurately there the game flourishes. It is rather interesting to think that the game as we play it now is a direct descendant of one that was played by the friends of King Henry VIII of England and even earlier in history. Like all descendants, however, it has lost much of its resemblance to its ancestor; but still the relationship is well established and is generally acknowledged.

Miss Molla Björstedt, who is still, I believe, the world's champion woman tennis player, has written a most interesting and helpful book of advice to girls who want to play tennis. Her book ("Tennis for Women" by name) con-

¹ These maxims are quoted, not quite verbatim, from an article by Clara Dalton in the magazine *Outing* for July, 1904.

tains so much sound sense that I am going to quote from it freely.

First of all in regard to a racket she advises getting one that weighs not less than thirteen and not more than fourteen ounces. She herself uses one that is heavy in the head and that weighs thirteen and a half ounces. Buy one of the best makes. It will long outwear a cheap one. The handle of the racket should be grasped at the end when hitting the ball.

Miss Björstedt advises strongly against any woman trying to play a man's game. She says very truly that no woman can compete with a man in muscular strength and endurance, whereas in agility, accuracy, speed and quick judgment in placing the ball she may find her sex no handicap. Therefore it is better for a woman to develop her game along the lines of *her* strength and talents rather than those of a man. She says that she finds that most girls make the great mistake of trying to develop a service so hard and swift that it cannot be returned. Miss Björstedt says that *she* has never yet seen the service that cannot be returned. If your opponent is in your class as a tennis player he or she will always be able to return your serve however hard it may be. But you, in try-

ing to make this service difficult to return run the risk of twice sending the ball out of the proper court, thereby letting your opponent score against you on account of the double fault. Moreover, you are likely momentarily to exhaust yourself by the force you put into your service so that when the ball is returned to you (as it nearly always will be) you will not be in a condition to place it disadvantageously for your opponent in returning it.

Miss Björstedt gives the following maxims which it would be well for all women players to remember:

Develop accuracy in placement. Remember that a stroke is not well played unless the ball goes to the intended spot.

Develop as much speed as is consistent with accuracy.

Develop the driving base line game as opposed to the net game. (Many players disagree with this advice.)

Conserve your energy.

Miss Björstedt says that any girl without a serious physical defect may learn to play a passable game of tennis. Tennis, she says, does not require brute strength so much as co-ordination. She has seen women of fifty who will

give any one a stiff game and girls of fifteen who are masters of every stroke.

Golf is in every way a gentler game than tennis for the player is never required to run and jump as in the latter game. On the other hand there is often much standing around which some people find a good deal more fatiguing (particularly if they have weak feet), than even running. On the whole, however, it is a game well adapted to women's powers. Like all good games it develops the mind, particularly the power of concentration. Unless you have tried it, you can have no idea how much concentration is needed to "keep your eye on the ball" all the time you are swinging your club around preparatory to hitting it.

Mrs. Genevieve Hecker Stout, a well-known golf player, says in her book "Golf for Women" that the game can only be learned after the most patient, painstaking practice. She recommends the would-be player to read some book on the game as a preliminary to playing, so that a knowledge of technical terms and the names and uses of the different clubs at least may be learned. Three clubs (never call them sticks, by the way) only are essential for playing the game. They are the driver, the putter and the

mashie. In addition to these clubs are the brassie, the mid iron and the cleek which can be made good use of by a more experienced player. There are other clubs too, but they are not essential for playing even a very good game.

Any one who hopes to become an expert should study the game before she is thirty. In Great Britain small children learn it, and in that country golf is more generally popular and more expertly played than anywhere else in the world.

Any woman who wants to play well must wear loose corsets. Fortunately, fashion just at present demands a more or less natural figure. The days of the wasp waist are gone for ever I hope. High heels should never be set upon any part of a golf links. They look ridiculous, ruin the turf and prevent the player from taking a good stance when she is about to hit the ball. It is best to wear broad, low heels and rough rubber soles. Sometimes if the links are very hilly and have become slippery from the excessive dryness of the grass, hobnails in the soles of the boots are helpful.

The dress for golf should be loose enough to allow free play of the arms and legs and yet should not be so voluminous that sleeves or skirts

flap about in a way to distract the player or actually to get in the way when the club is to be swung. The hat should be large enough to afford some protection to the head and eyes from the sun that beats down mercilessly on the necessarily shadeless golf links, and yet it should not be so large that the wind catches it and makes it flap. Frills and furbelows are out of place on the tennis court and the golf links, but the costume need not be so severe as that worn on horseback. It is perfectly correct to dress prettily and becomingly when you are playing either of these two games as long as the costume is practical and appropriate.

In golf more than in any other game it is necessary to play in what is called "good form" from the very start. It is almost better not to play at all than to teach yourself to play. Good form includes the way you stand, the way you hold your clubs, the way you swing them and where you keep your all important eye while you are doing all these things. Good form is simply the way of playing that experience has taught the best players produces the best results in the long run. You may make good scores in spite of bad form, but you will never be a steady player or get beyond a certain point

of proficiency unless you stand and handle your clubs in the best possible way. So, if you are really going in for the game seriously get some one (a professional if possible) to give you a few lessons so that you may be well grounded in good form.

The game of croquet hardly needs mention here. A crude kind of croquet is played by every one, and a croquet set is to be found in nearly every country house in America that can boast a patch of ground twenty feet square and less rough than a stone quarry. In a very few places the game is taken very seriously and is played with the science and skill of billiards on ground that has been made as smooth and level as a floor covered with velvet. It is an interesting game if played well, but it is fatiguing out of all proportion to the amount of exercise taken in it on account of the long standing between turns when there are many players.

Hundreds of years ago women in Turkey, Persia and Tartary used the bow and arrow to kill their enemies and there were some invincibly good shots among them. In Europe, in Queen Elizabeth's day, this weapon was used by women for the killing of game, but for the last hundred and fifty years in Europe and this coun-

try an inanimate target has been the object of the arrow's flight.

This game, called archery, seldom enjoys general popularity in this country. Perhaps that is because the game is certainly rather slow. It has a curious way of appearing in one summer place and enjoying a tremendous vogue for a season or more and then disappearing, not to be heard of again for a generation or two. And yet it is an almost ideal game for people who are not very athletic or young and for all kinds of people in very hot weather. To play well requires both skill and strength. It is the most sociable of all games, for any number of people can participate, onlookers can talk to the players and every one can sit down comfortably while watching the game or waiting turns to shoot. The equipment is not expensive and a shooting course does not require expensive care.

CHAPTER III

WOMEN WHO HAVE EXCELLED



AMERICA'S greatest women have been great as executives, organizers, moral fighters and lovers of liberty. Their lives of almost superhuman energy and sacrifice were in every case inspired by a passionate desire to better human conditions, to set right some great human wrong. We have had other women of distinction, too, of course, writers, artists, actresses, singers, lawyers, doctors and one really great astronomer (Maria Mitchell). But other countries have produced greater women than we have in those professions. I am going to tell you a little about some of these great women characters. Their lives are especially worth studying because their activities were mixed up with the most interesting periods of the history of our country, and because their work, strong and vigorous as it was, was distinctively feminine in quality.

One of the earliest of the women in this country who can justly be called a great character was Anne Hutchinson (born 1591, died 1643). Theology (far removed from what we consider religion in these days) was a subject of paramount interest and importance to the people of that time, but woe betide any one who dared to differ from the generally accepted tenets of the church or of the leading divine of the neighbourhood. You may remember that the Puritans came to New England to escape that very thing. The desire to find a home where they could think and worship as they pleased was the incentive that drove most of our ancestors to seek their fortunes in the new world. Mistress Anne Hutchinson was no exception to the rule. On the ship *Griffen* in which, with her husband William, she sailed to Boston from England she had many free theological discussions with one Rev. Zecchariah Symmes. Whether it was that her theology was unorthodox or simply that she enraged the minister by getting the better of him in argument is uncertain. Be that as it may, as soon as he landed he denounced Anne as a "Prophetess"—a dangerous title to win in those days. As a result there was some delay in her admission to church membership.

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In addition to the well-nigh interminable Sunday services the pious colonists also held meetings in the middle of the week to review and discuss the sermon of Sunday. Women were excluded from these meetings! Mistress Anne, indignant at this discrimination against her sex, established her own weekly meetings which rapidly became popular, first with women among whom her exceptional ability and services as a nurse had given her great influence, and, later, among many of the leading men of the colony. True to her belief in her right to free thought and free speech in religious matters at these meetings she lavished criticisms on the characters and utterances of some of the leading ministers of the time and place. The news of this heresy soon came to the ears of these distinguished divines who, indignant, finally succeeded in having Anne put on trial before the general court of Massachusetts. On the bench sat Governor Winthrop. Many other great dignitaries were there. She was convicted of "traducing the ministers" and was sentenced to banishment. Later she was excommunicated by the Boston Church.

Undaunted she and her friends obtained the consent of the chief of the Narragansett Indians

to founding a colony on land that afterwards became part of the State of Rhode Island. This settlement was founded on the principle that no one was to be "accounted a delinquent for doctrine"—in other words, no one was to be punished by the civil courts for peculiar religious beliefs or utterances.

Four years later, after the death of her devoted husband, who entirely shared her opinions, she moved with her family of nine children near the settlement afterwards known as New Rochelle, New York. There, in an Indian uprising she and all her children but one little girl were killed. But today we are enjoying the fruit of her courage and sacrifice in our freedom to work and preach as we please.

Mary Lyon was another pioneer in the realm of thought and activity to whom humanity owes a great debt. She was born in Massachusetts in 1797 and at an early age exhibited extraordinarily brilliant intellectual faculties, learning with ease, rapidity and *understanding* that which most of the other pupils could only acquire laboriously. A teacher testifies, so says one of Mary Lyon's biographers, that Mary "in four days devoured all that scholars were wont to learn of Alexander's English Grammar and

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poured it forth at a single lengthy recitation. Her progress through arithmetic was equally swift." In fact, she learned so fast that it rather disorganized the classes she was in. On a Friday her teacher handed her Adams' Latin Grammar thinking at last he had found a way of clogging her superabundant energy. On Monday when she was called upon to recite in this subject "her prompt answers soon roused general attention. . . . Scarcely a slip she made,—her tongue twisting swiftly through labyrinthine windings of declensions and conjugations. . . ." After she had acquired all the learning available for a woman in Massachusetts in those days, she became a teacher. In this profession she was wonderfully successful. But, as the time went on she became more and more impressed with the fact of the inadequacy of existing educational opportunities for women and the pathetic craving of women for these opportunities. Before long she determined that she would obtain for them a college properly endowed, adequately equipped, taught by experts and making but moderate charges to its scholars.

As Miss Lyon had no financial resources beyond the pittance which constituted a teacher's salary in those days hers seemed an unpractical

dream. She had once said, "It is one of the nicest of mental operations to distinguish between what is very difficult and what is utterly impossible." For her to found an institution of higher learning for women seemed to Mary Lyon to be difficult but not impossible, and as she throve on difficulties she was not dismayed by the gigantic task she had set herself. She had gained a very enviable reputation as a teacher, she had splendid health, tireless energy of spirit, a brilliant and well trained mind, a great fund of practical common sense, executive ability, an attractive personality and, not least, a tremendous sense of humour. With this splendid but purely moral equipment she, in 1833, embarked on her great enterprise. In 1837 her dream was realized and her school, the now famous Mt. Holyoke College, was opened.

During the three years between 1833 and 1837 the amount of work she accomplished was tremendous. Almost her first act was to interest a few wealthy or influential men in her project and to gain the assurance of their moral support and approval. Then she wrote and distributed thousands of circulars about the proposed school, she personally interviewed thousands of people one by one (women were not

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expected to address meetings in those days) to obtain popular interest, she herself collected a large part of the money (much of it in dimes and quarters) with which the school buildings were finally built, she worked out practical plans for the organization and running of the school both as a business proposition and as an educational establishment, she mapped out the courses of study, drew desirable teachers around her (although they were only offered a tiny salary) and planned and executed the housekeeping details.

Of the visits she made to rouse interest and to raise money one of her biographers says: "From house to house Miss Lyon went pouring out a flood of joyous explanation; talking so fast that her listeners found no chance to stem the tide of words until she had anticipated their every objection. Face to face with her they saw things through her radiant eyes." Her activities shocked many people who thought women should remain in refined seclusion. These house to house visits were departures from good taste, some of her friends averred. But Miss Lyon "insisted that it was better to violate taste than not to have the work done." These criticisms provoked her to say, "My heart is sick, my soul

is pained with this empty gentility, this genteel nothingness. I am doing a great work. I cannot come down."

In 1849 she died quite suddenly at the early age of forty-eight at the college she had founded and of which she had been the head for twelve years. Her biographer says: "Her death came to that student community, in the journal's phrase 'like the blotting of the sun out of the heavens at midday.' News of it travelled through the world and to people widely different in condition and nationality brought a sense of loneliness and loss. Something vivid had gone from the earth and left it duller."

Today we accept as a matter of course the proposition that women should have the opportunity to take in all the learning they want and are capable of assimilating; we do not realize how shocking that idea was to most of our ancestors one hundred years ago. Nor do we quite appreciate the bravery of the women (Mary Lyon was, of course, not the only pioneer in this cause) and even the men who faced contumely and ridicule to bring about this great reform.

During the early part of the Nineteenth Century the agitation for the freeing of the African

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slaves in our Southern states became increasingly outspoken and definite, but only among a few very enlightened individuals. Even as recently as sixty years ago the generality of people were not awake to the cruelty of this institution although sixty odd years before so great a man as George Washington had expressed his disapproval of it. On the other hand, some of our most distinguished citizens, even in the North, believed that the institution of slavery was God ordained and that it worked in the end to the benefit of the blacks themselves. It remained for a woman—Harriet Beecher Stowe—to rouse the hearts and consciences of the great mass of her countrymen to this great wrong.

Harriet Beecher was born in 1811 of parents remarkable for their piety, learning and force of character. She was one of a large family of children all of whom later became distinguished. One of her brothers was Henry Ward Beecher, the famous preacher and anti-slavery reformer.

The story of this woman's life is one of the greatest interest and inspiration. She was married at the age of twenty-five to Professor Calvin E. Stowe, a man of charming character and great learning but in delicate health and without any faculty for making money. During the

years when their seven children were coming into the world his income was never more than twelve hundred dollars a year and was very frequently much less. His wife not only bore her seven children and cared for them and her house in the days when semi-ready food and ready-made clothing were unknown, but found time to teach her elder children and also those of some of her neighbours.

Although constantly worried about money matters and exhausted by overwork and the bearing of many children, she determined to add to the slender family resources by writing for the magazines. She had always had a gift for writing, so she now turned her talent to good account and added three or four hundred dollars yearly to her scanty income. In a letter written by one of her intimate friends a pathetic but humorous description is given of the writing of a story promised for that very day to a magazine. The friend had come to get the Ms. for which she knew the editor was waiting. She found Mrs. Stowe with a baby in arms while two little tots, barely able to walk, were looking for mischief around her. In addition to these distractions from literary pursuits, house cleaning was under way and a new and

quite untrained coloured girl was in the kitchen attempting to prepare dinner. The friend reminded Mrs. Stowe of the promised but unfinished story. Under the circumstances it seemed as if it would be impossible to complete it but not at all. An ink stand was set on the top of the tea kettle, a place on a table loaded with food and utensils was cleared, the baby was put in a clothes basket and the writing of the story commenced. First, a few directions would be given the maid, then a sentence or two would be written down. This plan was followed until two pages were written. Then it became necessary to *show* the maid what to do. At this point the friend took her seat at the table, Mrs. Stowe dictating to her while she demonstrated with her hands to the maid the proper methods of kneading, stirring, etc. In spite of these difficulties the story was finished, copied and sent to the editor next day.

The first eighteen years of Mrs. Stowe's married life were spent in Cincinnati which was separated by only a river from a slave holding state. The subject of slavery was one continually discussed in Mrs. Stowe's circle of friends. First hand stories of slave life constantly came to her from slaves themselves who, escaping from

their masters on the other side of the river were sheltered and hidden by Mrs. Stowe and her friends until they could start out on the next stage of their journey to Canada where they would be free. The hideous and tragic pictures thus constantly brought before her mind made a profound impression on her religious and tenderly human nature.

In the year 1850 when the Stowe family had settled in Brunswick, Me., a letter was received from Mrs. Stowe's sister-in-law in which she said, "Now, Hattie, if I could use a pen as you can, I would write something that would make the whole nation feel what an accursed thing slavery is." In the biography of Mrs. Stowe by her son he says: "A member of Mrs. Stowe's family well remembers the scene in the little parlour in Brunswick when the letter alluded to was received. Mrs. Stowe herself read it aloud to the assembled family and when she came to the passage, 'I would write something that would make the whole nation feel what an accursed thing slavery is,' Mrs. Stowe rose up from her chair crushing the letter in her hand, and with an expression on her face that stamped itself on the mind of her child said: '*I will* write something. I will if I live.'"

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This was the origin of "Uncle Tom's Cabin," that book which, when it appeared about a year later, sold by hundreds of thousands of copies (it has been said that its sale was second only to that of the Bible), that was translated into twenty-three languages and that roused not only the people of the United States but of the whole world to the horrors of slavery.

Mrs. Stowe was not the only woman at that time who did heroic service for the cause of abolition. Phœbe Couzins, Lucy Stone, the Grimke sisters, Frances Willard, Lucretia Mott, Julia Ward Howe, Lydia M. Child, Clara Barton and Susan B. Anthony are only a few of hundreds of others who gave very effective and devoted service to removing this great blot on our country's fame. After the Civil War most of these women adopted some other reform for which they worked just as zealously as they had for abolition. Frances Willard became the leader of the temperance movement in this country and the organizer of the great Woman's Christian Temperance Union, an organization which numbers thousands of members and which has branches in almost every town and village in the United States. Julia Ward Howe had written the immortal "Battle Hymn of the Republic,"

Clara Barton, after working for the wounded all through the war became the first president of the Red Cross Society in this country, an office which she held for fifty years. After the war some general said of her that apparently she did not know fear, so courageous had been her excursions onto the battlefield to succour the wounded.

When the black slaves had been freed many of these women felt that another and equally dangerous form of slavery still existed among us and that it should also be abolished. The condition of women in most of the states of this country (and in fact everywhere) was one of virtual slavery, although a majority of the women themselves were perhaps unconscious of, or resigned to, their condition. **The fact that some of them were free and happy was owing to the kindness of their husbands and not to a recognition of their rights by the law.**

In New York State until 1848 married women could not own and hold property, nor were they considered competent to make wills. Any property or money they might earn or inherit came into the possession of their husbands. The employer of a woman had to pay her wages to her husband. If a wife was compelled to get a

divorce from her husband on the ground of his infidelity she forfeited all right to any of his property, although it might have been hers originally, or she might have earned it jointly with him. Even worse, she had to relinquish the custody of the children to him, the offender. A mother was never an equal guardian with a father of their offspring. He could apprentice their children where and to whom he pleased without the mother's consent. At his death they could be given into the care and custody of some one besides their mother if he expressed this wish in his will.

Unjust and cruel as these laws were the prejudices of society at the time were just as cruel and unkind. A woman who was successful in superintending a school that a man had made a failure of would receive only a quarter of the salary he had received. Women were hemmed in by traditions and conventions which were quite as binding as law and which made it impossible for them to develop or act freely. None of the professions were open to them except teaching which was wretchedly paid. Their educational opportunities were scanty and unpractical. Women who spoke or read addresses in public received scathing and often insulting criticism,

even from people who were supposed to be well-bred. At teachers' conventions and temperance meetings, although two thirds of the audience were always women, not one of them would have been expected either to speak or vote. No charitable societies were managed by women. In 1838 when Susan B. Anthony and her sister were about eighteen and twenty years old they did not feel that it was either safe or proper for them to go together from Philadelphia to New York without an escort.

After some years of experience in teaching and working for the anti-slavery cause and temperance Susan B. Anthony decided to dedicate her great powers to the cause of woman's freedom. To enter this field required the greatest moral if not physical courage for it was extremely unpopular. Miss Anthony was as free, unconventional and brave a spirit as ever lived. She soon realized that the most effective weapon a woman could use to free herself was the ballot. In writing and lecturing for this cause Miss Anthony was coarsely and cheaply ridiculed by most of the newspapers and often by some of her auditors. Fortunately for her and for the cause, she had a keen sense of humour and an inexhaustible fund of good humour. Her quick

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wit, mastery of facts and incontrovertible logic untainted by bad temper gave her answers which often turned the laugh on her opponents and won her the sympathy of her audiences.

She and her devoted friend, Mrs. Elizabeth Cady Stanton, travelled all over the country talking before legislative committees, social gatherings and public meetings with all kinds of people in attendance. She had scanty means, but of the small sums she had at her disposal a large proportion went for the cause she had so much at heart. Most of her life was spent on the road, so to speak, but she had a passionate love of a home. She also cared greatly for pretty clothes, but this taste she could or would never allow herself to indulge in. It cannot be said that her generosity in time and money to the suffrage cause was made easy for her by lack of temptation and desire to spend them in other ways.

She was a woman of extraordinary physical vigour. In her lecture tours in the west she sometimes travelled in old stage coaches, freight cars, on foot, in rain or snow, heat or cold. She frequently had to spend the night at filthy hotels where the food was uneatable. At one time she travelled in this way steadily for three months,

lecturing afternoon and evening almost every day. She kept up this life till she was over seventy years old. After that she settled down in her little home in Rochester, N. Y., and relaxed her efforts somewhat. But she still worked hard and was the National leader of the suffrage movement till her death at the age of eighty-four. At her death in 1906 the newspapers all over the country, which had at first reviled and ridiculed her, devoted columns to her praise.

Miss Anthony lived to see women enfranchised in a few States, to see most of the unjust laws repealed and restricting conventions forgotten.

Nowadays we women are so used to our great opportunities for work, education and pleasure that we do not realize that the freedom we now enjoy, but take as a matter of course, was only won by the sacrifice and hard work of women (and men too) of a by-gone age. These great people, like Miss Anthony, who gave up their own happiness and comfort and subjected themselves to contumely that we might be free should be regarded by us with affectionate and grateful veneration. Even in this Twentieth Century many battles for freedom and justice remain to be won. We do not need to be urged to give



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honour to those who fight the battles of war, but we are apt to regard as cranks or freaks the women who, ahead of the majority of their contemporaries in clearness of vision, and more unselfish than the rest of us in their desire to benefit humanity, fight the moral battles of peace. Do not let us wait for fifty or sixty years to honour or at least treat with respect these heroines to whom we owe so much.

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